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SIXPACK

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(5)

INSANE ADVENTURES TO TRY BEFORE YOU DIE WORK SMARTER NOT HARDER

P11

BUILD LASTING SUCCESS

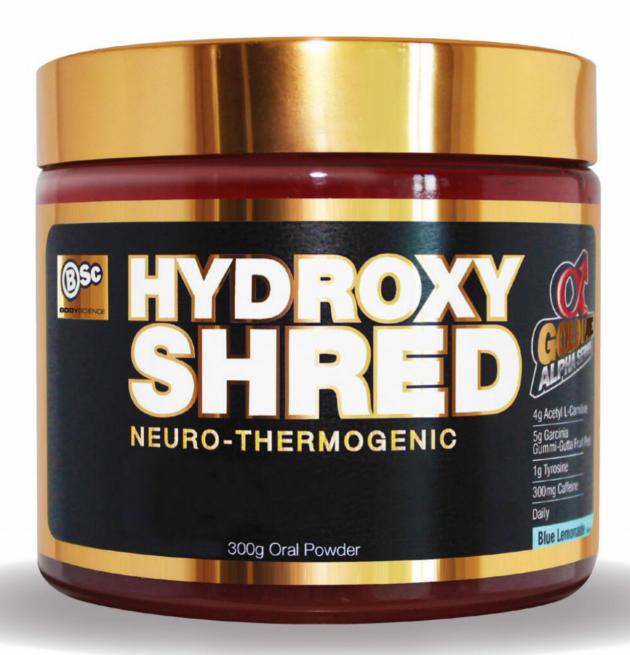
P34

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CONTENTS

- SEPT/OCT 2015 -

FEATURES

THE PROS AND CONS OF CROSSFIT

48

Can CrossFit actually improve your sports performance? If so, how could you make it even more optimal to meet your individual sporting requirements?

WEAK-POINT TRAINING: SHOULDERS

80

Discover how muscle imbalances occur, and what you can do to correct them using a weak-point training system.

LIFT YOUR GAME WITH POWERLIFTING

124

Discover four good reasons why powerlifting could be the perfect addition to your training – and learn how you can incorporate it today.

MOTIVATION BUILT TO LAST

34

With goals, actions, insights and achievements as tools – you can build success that will last a lifetime.

A HERO'S STORY

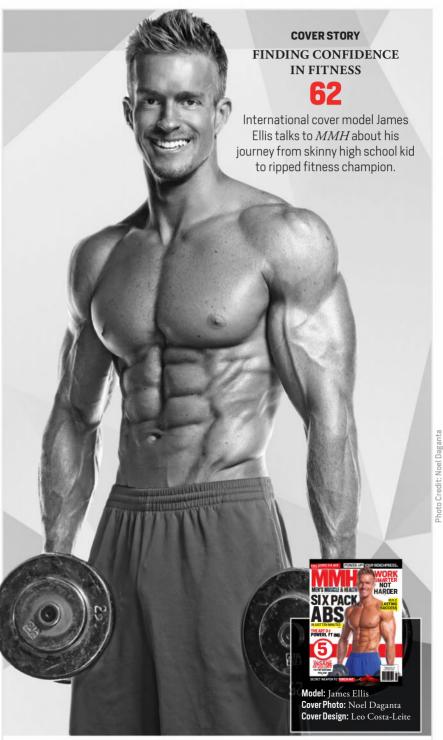
40

Turn your transformation at the gym into a best-selling epic by following the hero's journey of everybody's favourite Jedi, Luke Skywalker.

FROM SURGERY TO STAGE

140

Jason Morris had no idea of the hereditary blood disorder that would turn his life upside down and push him to his limits.



Men's Muscle & Health Magazine is for informational purposes only. Consult a physician before undertaking any exercise or nutrition program within Men's Muscle & Health Magazine. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to undertake or adapt any of the information or content provided in this magazine. Any exercise program may result in injury and by voluntarily undertaking the programs provided, you assume the risk of any resulting injury.











TRAINING

THICKER TRICEPS COME IN 3S

30

Just by adding a little intensity, you'll be on your way to thicker triceps.

A BIGGER BACK & CHEST

Love your football? This back-andchest workout is specifically designed to give you the bigger back and chest required for the demands of your sport.

SHARPEN YOUR SIX-PACK

Get a stronger, tighter core in just ten minutes by doing only a handful of exercises.



NUTRITION

10 REASONS YOU NEED BCAAS

Anyone looking to increase their strength and muscle mass should get to know their Branched Chain Amino Acids!

DOES FRUIT MAKE YOU FAT?

We delve deeper into the truth behind fruit, what it really does, and how it affects your health and body composition.

BETA-BERRY BLAST

Amp up your workout energy and recovery with a protein shake you can really sink your taste buds into.

EVERY ISSUE

WHAT'S ON 10

11 **NUTRITION NEWS**

HEALTH NEWS 12

FITNESS NEWS 16

26 HEALTH CHECK

36 BODY PART EXPLAINED

GADGETS 38

46 STYLE

84 WEEKEND WARRIOR

90 AUSSIE PROFILE

96 SEASONAL TRAINING

120 UNIQUE FITNESS **APPROACH**

136 MMH BFAUTY

138 GEAR BOX

140 TRANSFORM

142 SUBSCRIBE

144 EXHALE

TAKING——CHANCES

've seen it time and time again: something 'bad' happens to someone (or what the person perceives as bad) only to have something good come out of that event taking place when it did. This is why I'm a big believer of the saying "everything happens for a reason." It's also why I believe that when you see a chance, you should take it.

I'm not talking about stock market stuff or betting on horses, I'm talking about jobs and opportunities, like getting hooked up with a new business that is launching. A lot of people I have crossed paths with have had these types of opportunities come their way only for them to pass them up because they didn't want to take the risk, or they simply weren't willing to put in the hard work. They might have stayed 'safe' by not taking a chance on the new opportunity, but they also stunted their potential for growth.

Here at MMH, we want to remind you that life doesn't always go to plan. It's okay to make mistakes. We were built to push our limits. Adversity only creates a better story... "Failure" is just a part of the journey. So, the next time an opportunity presents itself, ask yourself: what kind of mark do I want to leave on the world? Do I want to stay in my comfort zone where it's 'safe', or do I want to grow? I know what my answer would be.

Chances are if you focus on following your passions and creating a fulfilling life – rather than on your bank balance or having a perfect resume – your risk will pay off. So, next time someone you know gives you an opportunity, don't just put your head in



the sand; if it's something that you'd like to be a part of, it's pretty much a no brainer.

This issue of *MMH* is packed full of workouts and articles to keep you growing and pushing the limits in all areas of your life. International cover model James Ellis takes us through a rooftop cardio session on page 64, while Joel Bushby takes his leg workout out of the gym and into the great outdoors on page 102. We learn about creating lasting success from our resident life coach Geoff Edwards on page 34 and discover how to design the perfect running program on page 96.

As always, enjoy this issue, train hard and keep your eyes open for new opportunities!

Dallas Olsen Chief Photographer

HAVE YOUR SAY!

Want to see more or less of something in *MMH*?

Email us at features@fitmedia.com.au and have your say!

MEN'S MUSCLE & HEALT

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MEET OUR EXPERTS



Craig Lawson



Cyndi O'Meara



Greg Dolman



Dr. Jodie Silleri



Stent Card

Craig Lawson

Craig Lawson's work has featured in top international magazines, websites and broadsheets. His knowledge and critique is often called upon to judge style competitions as he keeps his finger firmly on the pulse of trends around the world. He runs riot online under the alias Mr Fashion Man at www.craiglawson.net/tag/mr-fashion-man.

Cyndi O'Meara

Cyndi O'Meara is a nutritionist and founder of Changing Habits - a health and nutrition education company that has gone from strength to strength since Cyndi wrote her bestselling book 'Changing Habits, Changing Lives' in 1997. Cyndi now writes diet protocols, cookbooks, does national tours, has a line of products and is prolific in the media as an expert on all things health. Cyndi now travels, spreading her message of health and nutrition and is often heard on radio, television and writes for several magazines. For more information visit www.changinghabits.com.au

Greg Dolman

Greg Dolman developed an interest in sport from an early age. It was his involvement in rowing that led him to the gym, where he discovered his passion for lifting weights. After other gym members began to notice Greg and approach him to ask for assistance, he found the bodybuilding scene and began coaching his mates through the gym-to-stage process. Greg's interest in the working of the human body soon turned towards the effects emotions have on the different levels of the body's energy systems, and he undertook studies in kinesiology and healing modalities to expand his knowledge in these fields. Having gained first-hand experience by working through his own emotional and physical challenges, Greg now assists his clients in overcoming their own challenges by understanding the body/mind connection.

Dr. Jodie Silleri

Dr Jodie Silleri is a leading cosmetic physician at the enRich Dermatology and Cosmetic Surgery Centre, founded by world-renowned cosmetic and dermatology specialist Dr Michael Rich. In addition to this she also operates as a general practitioner. Unlike most cosmetic physicians, Dr Jodie takes a holistic approach to health care and extrapolates this to cosmetic medicine when addressing age-related and skin care concerns. Dr Jodie graduated from the University of Queensland with a Bachelor of Medicine and Surgery in 2003, and received her Royal Australian College of General Practice Fellowship in 2009. Before her time in medicine, she was awarded a Bachelor of Science with Honours in 1999, as well as the prestigious University of Queensland Medal for academic excellence.

Stent Card

Stent Card is a treating physiotherapist assisting people to live a pain-free and healthy life. Stent believes "knowledge is power," having a strong focus on educating people and helping them achieve their physical and mental best. Stent provides informative articles on all things fitness, injury prevention and rehabilitation. Stent has his Masters in Physiotherapy and Bachelor in Exercise Science graduating from Griffith University on the Gold Coast. His passion strongly lies within health and fitness and he is also a qualified personal trainer and sponsored fitness model competitor. For any enquires contact Stent via **truefitness@live.com.au**



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Run For Your Lives is a one-of-a-kind obstacle sports event brought to you by Singapore-based sports entertainment company Action X. The race takes participants through a series of physically challenging obstacles throughout a zombie-infested course. Participants have the option to race as a 'Survivor' or a 'Zombie' and, following the 90-minute race, will be greeted with an Apocalypse Party with dance music, entertainment and fringe activities past the finish line. Run For Your Lives Australia tickets will be eaten up quickly so don't miss your opportunity to participate and RSVP now!

For more information visit runforyourlives.com.au



September 5,2015

TOUGH MUDDER

October 17-18

You asked for new, and this unique Melbourne course delivers in every aspect. This course truly has it all: a ready-built off-road track with thick neck-deep mud, soul-destroying hills, plenty of dams and natural creeks, and unforgiving undulating terrain that will have your legs begging for mercy. We'll also be bringing all our brand-new, never-before-seen-in-Victoria obstacles, direct from the US. You thought you knew Tough Mudder... just wait until October.

For more information or to register, visit toughmudder.com.au



October 17-18



October 18, 2015

MEDIBANK MELBOURNE MARATHON

October 18

More than 30,000 participants are expected to finish the Medibank Melbourne Marathon Festival with a lap of the iconic MCG on Sunday 18 October. Runners of all ages and abilities can compete in one of five distances on offer at the festival of running, including the Medibank Melbourne Marathon (42.195km), Half Marathon (21.1km), 10km Run, ASICS 5.7km Run and the ASICS 3km Walk. Since 2012, the Medibank Melbourne Marathon has held the title of Australia's largest marathon and organisers expect to retain the mantle with entries tipped to surpass 7,000 in the main event alone.

For more information or to register, visit

www.melbournemarathon.com.au

spice it up

Burn body fat and cholesterol at leaner and healthier.



good fat, bad fat

The closer scientists looks at trans fats, the further away they want to get. Researchers at the Oregon Health and Science University found that people who had higher blood levels of trans fats had more problems with memory and cognition. The theory behind this is that trans fats may displace fatty acids in brain neurons. To reduce the chances of this happening, and to improve your memory and cognition, avoid products containing partially hydrogenated vegetable oils such as fast foods and foods that have been highly processed.

TAKE-HOME MESSAGE

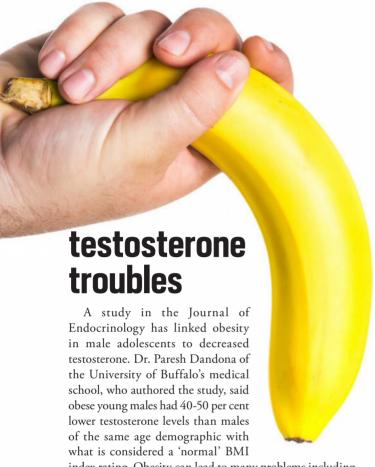
Consume more fish, especially species low in mercury and high in fatty acids such as salmon (and pair it with coriander to offset any mercury). When baked or grilled and eaten at least once a week, fish can increase your brain's grey matter and reduce your risk of Alzheimer's disease.



snacks over sex

Australia is a nation ruled by snack cravings, with almost two thirds of us experiencing cravings for snacks, overshadowing the urge for "partner time" between the sheets according to recent research that suggests Aussies care more about satisfying their appetite than intimacy. Notably, the study shows Australians snuggle up with snacks in bed as a top snacking hotspot for over half the population, suggesting a sense of comfort is created from snacking.





index rating. Obesity can lead to many problems including diabetes and heart disease - and low levels of testosterone can slow or stop males from reaching sexual maturation. "A male not having his maleness," as Dr Dandona said, is one of the most upsetting experiences for a young man, especially when constantly surrounded by others who are already growing and maturing into adulthood.

7500
Of the adult Australian male population are considered overweight or obese, with that number on the rise.*

*Asian J Androl. 2014 Mar-Apr; 16(2): 223–231.



walk it off before you put it on

Most of us cannot honestly deny enjoying (indulging) in some chocolate from time to time. If you are one of those people who really struggles with your chocolate addiction, especially when there is something stressing you out that is also incredibly important – then it's time to walk it off. University of Exeter researchers say when regular chocolate eaters were active 15 minutes before completing a mental task i.e. organising the monthly accounts, they are about half as much chocolate while working as those who stayed sedentary beforehand. The researchers' theory is that exercise reduces stress and therefore curbs cravings.

DID YOU KNOW?

Chocolate contains serotonin, which acts as an anti-depressant and stimulates endorphin production. So next time you're feeling blue, grab some dark chocolate and see if it lifts your mood! NOTE: read the previous item before indulging!

stay in shape as you age

We all know that exercise is the key to living healthier but it's also important for keeping the effects of ageing under control. Exercise has the potential to decrease the risks of dementia, sleep quality and depression while increasing your mood. The British Heart Foundation found that 44 per cent of adults don't exercise, greatly

test. A good result is a score of 10-11. However, if your score is <5, it's time to introduce more exercise into your life. Build good exercise habits to increase muscle mass and bone density. Cardio and strength training are key.

In this period, ageing starts to set in and there is a risk of over-active injuries. You need to work harder at keeping in shape than in your 20s. Participation in long, moderate-paced runs is a good way to keep fit while not risking serious injury.

This is the prime weight-gaining age as the metabolism slows. Just 30 minutes of training a day is ideal. Incorporating strength-based workouts is a perfect way to build back up the muscle mass that decreases over the years.

In this period, 30 minutes of daily exercise can cut high blood pressure risks by 20% as the arteries begin to stiffen. Basic exercise such as cycling, swimming and even mowing the lawn are simple effective ways to stay on top of the fitness age game.

Muscle weakness is a huge problem during this age and studies report that 1 in 3 people over $60\,$ will fall over each year. Focus on exercising for shorter periods, jogging and swimming, while maintaining strength training.

Practise working your muscles by sampling getting up and sitting down on chairs. This will increase mobility and core strength. Keep coordination by also taking part in tai chi classes or single leg stands.

BY 2035, only one in three (35%) Australian men and 28% of women aged 40-54 are likely to have the same health status by the time they reach their sixties. For Australians currently aged 40-54 with very good health, it's likely their health status will decline to fair or poor by 2035 for 49% of men and 47% of women. *

*According to the latest AMP.NATSEM Income and Wealth report









run ten marathons a year

Dr Mike Loosemore, a leading sport medicine consultant, says that working standing up for just three hours a day, five days a week has the same health benefits as doing ten marathons a year. Not only that but apparently it can extend your life by two years. Humans need to be active and Loosemore claims that when governments set targets for people to do 30 minutes of 'moderate' exercise five days a week, it stops them from taking low-level alternatives (such as standing up more often) which could have equally great effects on the human body.

TAKE-HOME MESSAGE

While standing for three hours a day might not get you ripped bodybuilder muscles, if you're someone who finds many excuses for not getting to the gym, this could be a great alternative!

power-up your bench press

Always use a wide grip on your bench press? Well, you could be missing out on serious size gains. Despite being more uncommon, a shoulder-width grip bench press is actually best as it allows for a greater range of motion and is more powerful for the pectoral muscles. With this closer grip, the elbows are able to move farther behind the lateral plane of your upper body, pulling your pecs wider apart as you lower the bar and contracting them closer together on the press. Don't believe us? Ask a professional bodybuilder or reputable personal trainer next time you hit chest day!





The percentage of Australians who would not take a magical fitness pill, even if it existed. The reasons being that most people like working hard to get results (34.36%), enjoy exercise (32.56%) and have an aversion to synthetic things (26.22%).

upgrade yourself

Just when you thought technology couldn't go any further, along comes Athos, taking your workout gear to the absolute next level. Users insert a small 'core' device into the garment, which then uses electromyography technology and biological sensors to measure muscle activity, heart rate and breathing rate while you work out. The smartphone app gives you

these insights in real time so you can correct your balance, technique and gain insights into your progress and how hard you're training. Created by University of Waterloo college students Dhananja Jayalath and Christopher Wiebe, the sci-fi style training gear has recently launched in Australia and is available online at www.liveathos.com.au



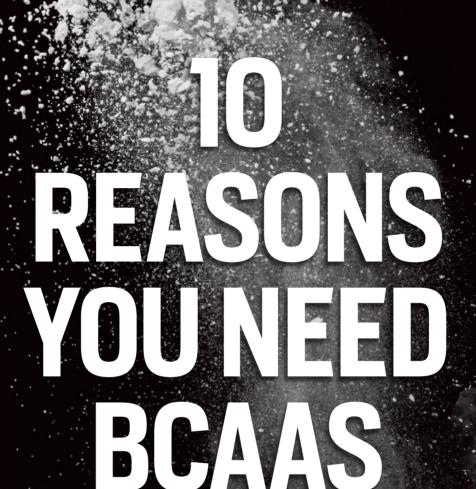




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WORDS Belinda Reynolds BSc Nut&Diet (Hon)

BRANCHED CHAIN AMINO ACIDS (BCAAS) ARE MADE UP OF THREE ESSENTIAL AMINOS INCLUDING L-LEUCINE, L-ISOLEUCINE AND L-VALINE.

They are essential because the body is unable to synthesise them out of other amino acids, therefore they must be consumed in sufficient amounts in order to maintain good health.

As well as in supplement form, BCAAs can be consumed through a range of protein-rich foods such as red meat, chicken, fish, eggs, whey protein, certain nuts (e.g. peanuts and almonds), lentils and certain beans. Although it is important for everyone to consume foods that are rich in essential nutrients, athletes who frequently undergo long and intense

training sessions may need additional supplementation to fulfill the higher nutritional requirements.

BCAAs are a very popular supplement. With individuals looking to increase their strength and/or muscle mass, several studies suggest that they can assist with muscle recovery and growth while providing an energy source to the muscle cells. Continued on page 20

About the Author

MMH SUPPLEMENTS

Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003 and has been involved in the complementary medicine industry for nearly 15 years. Outside of this Belinda has spent time working in hospitals and lectured at the Australasian College of Natural Therapies.

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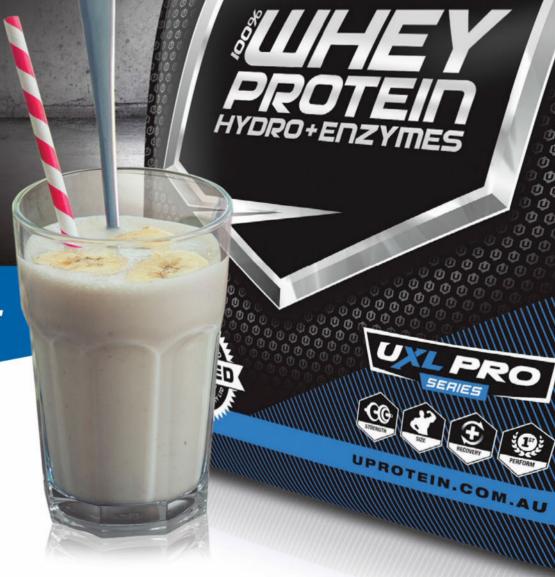






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DPROTEIN

HERE ARE THE TOP 10 REASONS WHY, AS AN ATHLETE, YOU MAY CONSIDER TAKING BCAAS:



- 1. BCAAs make up around 35 per cent of the amino acids in muscle tissue and can also be burned as an energy source. This is why you need to increase your intake of BCAAs if you undergo intense and frequent exercise, as energy production and muscle recovery processes are required to be performed in a capacity that exceeds the diet's ability to support it.
- 2. Research has shown impressive results that have been achieved through use of BCAAs, particularly when it comes to endurance **exercise.** It appears that the most superior results will be achieved through daily ingestion, plus a dose both before and after training. For long and/ or intense sessions, an additional dose every hour may be recommended. Each dose will ideally provide around 6g of BCAAs in total.
- 3. BCAAs have been shown to have a protein-sparing effect during the recovery period after exercise and, as BCAAs can be converted into glutamine, it has been shown that they actually preserve glutamine levels too. This effect is beneficial not only to muscle recovery, but also to maximising immune function.

4. L-leucine has a significant ability to stimulate muscle growth, improving strength and increasing strength exercise capacity. Taking high doses of L-leucine (together with other amino acids and carbohydrates) after a training session has been shown to improve performance at subsequent training sessions.

.....

- 5. BCAAs consumption has been shown to support the repair and growth of muscles and also reduce delayed onset muscle soreness (DOMS). This is likely due to their ability to promote healing, and through attenuation of the muscle damage that occurs during exercise. If you are someone who likes to complete multiple hard sessions per week, or more than one session in a day, here is another reason why BCAAs supplementation may be beneficial to you.
- 6. BCAAs have been shown to enhance energy metabolism in muscle cells, contributing to their ability to support both performance and recovery. They have also been demonstrated to enhance the activity of the enzymes involved in muscle protein synthesis (e.g. mTOR, p70s6k) which aids in stimulating the growth and recovery processes.

- 7. BCAAs down-regulate factors involved in muscle atrophy (e.g. MuRF-1, MAFbx) during the recovery period, ensuring that muscle health isn't compromised by suboptimal repair.
- 8. BCAAs have a branched chain that simplifies the job of converting each amino acid into energy during intense exercise. The more BCAAs that are present in muscles, the more they will be used for energy, slowing the breakdown of muscle cells and helping to prevent muscle loss.
- 9. Combining BCAAs with resistance exercise results in protein synthesis because they both trigger mTORC1, a pathway essential for muscle building. BCAAs, glutamine, alanine and aspartate are all taken into the muscle tissue for energy and it is suggested that the muscles are designed to burn BCAAs for energy during exercise, making it essential for performance.
- 10. If you need to take time off training due to injury or illness, BCAAs may be helpful in minimising your muscle loss as they trigger protein synthesis even in the absence of exercise. The preservation of lean muscle tissue can be beneficial for keeping up your metabolism even when inactive. MMH

GUIDE TO

BUYING PROTEIN ONLINE

Whether you buy protein online to save time, save money or simply because you like to buy in bulk, are you certain your conveniently delivered supplements are actually delivering true value?

s many Australians turn to the internet to buy protein and supplements, it can be tough to avoid the many shady and illegal operators with prices too good to be true. Arm yourself with these quick tips and ensure you get maximum bang for your online buck.

1. EXERCISE CAUTION WITH CORNER CUTTERS

Avoid brands that use unmarked packaging, cheap labels or that have no physical address. These are all warning signs of small-time operators that might be cutting corners on key ingredients. If you're unsure, ask the company in writing if they manufacture their own supplements (most don't) and what steps they take to ensure what's on the label is actually in the finished product.

2. MAKE AN INVESTMENT **IN YOUR BODY**

Would you buy a high performance car, only to fill it up with budget petrol? Same logic applies to your physical fitness and nutrition. Only invest in quality supplements that deliver both great value and superior nourishment to your body.

3. JUDGE A WEBSITE BY

Reputable online stores invest heavily in website functionality, design and security. Out-dated, buggy or poorly designed websites, particularly those missing secure payment options and SSL encryption are a sure sign of an online store worth avoiding.

4. THE WRONG CHOICE **COSTS MORE**

Making the wrong supplement choice doesn't just mean a waste of your hard earned money, but might also mean a waste of all that time and effort in the gym. Don't lose out on results simply because you saved a few dollars on sub-standard supplements.

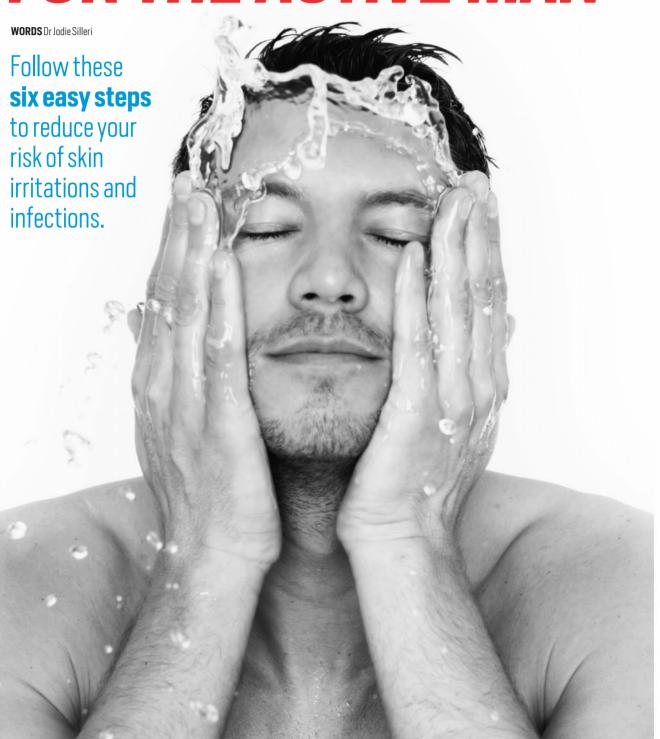
5. LOOK FOR EXTRA VALUE

Always visit the clearance or sale pages on a website, plus keep an eye out for a newsletter signup bonus or other incentives. Do a quick search and see if there are any coupon codes floating around the internet. A few minutes research could land you some great value deals.

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1. Recent times have seen a growing number of menusing cosmetic products, including thick or tinted moisturisers and other oily preparations. When using these products, always ensure you remove it completely prior to exercise to prevent blockage of pores and congestion of skin.

2. As much as you may relish showing off those hard-earned muscles, it is important to avoid restrictive clothing, as tight garments can significantly increase levels of perspiration. of a variety of skin rashes, including fungal but also acne and bacterial infection of the sweat glands, hair follicles and sebaceous glands. Instead, try to wear breathable clothing.

3. Areas of the body where skin folds meet such as the armoits. groin and chest are at the highest risk of developing fungal and bacterial infections. Cleanse and ventilate zones as frequently acne it is a good moist towel to wipe working out and aren't able to shower, use a large towel to wipe the sweat off as best as you can.

There is no doubt that exercise has amazing benefits for both the body and the mind. but unfortunately it can also take a toll on the skin. More and more men are becoming increasingly aware of the need to look after their skin health. When exercising there are several preventative steps that you can take to reduce the risk of skin irritations and infections.

4. Some individuals suffer from exercise-induced hives that can vary in severity, so there is such a thing as being allergic to exercise! Fortunately, it is rarely bad enough to prevent you from participating in a good workout. An over-the-counter antihistamine 30 minutes prior to your workout is enough to prevent an episode.

5. The most important advice is to always ensure that sun protection is used when exercising outdoors. Australians have the highest rate of skin cancer worldwide. Aim for a 50+ SPF sunblock, which should be applied regularly throughout the day, as well as protective clothing and eyewear.

6. If you are a swimmer, pool chlorine can dry and irritate the skin; this is particularly relevant to individuals that are prone to eczema. In these situations, you can consider prior application of an oily preparation to protect skin such as Vaseline.

If you follow these basic rules you can continue to train hard and maintain good skin health. If you have any concerns always consult your general practitioner or dermatologist for the best advice. MMH

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OV SPORT has been specifically designed to help fitness enthusiasts wash away sweat and oil left behind from a workout. while helping to protect the skin against irritation and rash.

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REVIEWS



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enzymes, this high-powered range of premium supplements is formulated to achieve your maximum muscle building potential without breaking your budget. Offering superior formulations, unbeatable value, plus up to 50 per cent cheaper than similar US products, you can see why UPROTEIN™ is the brand Aussie lifters are talking about.

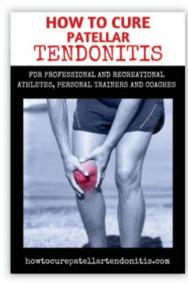
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KEEP YOUR FEET

FIT



WORDS Jessica Knox BAppSc (Podiatry), member APodA.

t's easy for us to take our feet for granted. They are strong mechanical structures with 26 bones, 33 joints, more than 100 muscles, tendons and ligaments and approximately 250,000 sweat glands. They are the foundation platforms that support us and connect us to the ground we walk on. Because of this, our feet can mirror our general health and deserve more than a little consideration. Problems with skin and toenails are a common source of angst, while sports footwear selection is often a source of confusion.



To reduce the risk of contracting tinea pedis, consider these five simple measures:

- Dry feet thoroughly, especially between your toes, after showering and swimming.
- Do not share
- Wear foot protection such as thongs in change rooms and communal showers.
- Wear breathable footwear and nonsynthetic socks. and alternate your shoes daily to allow them to dry out.
- Wash potentially infected socks. towels and clothing in warmer temperatures. Research has shown 3 that T. rubrum fungi can survive in fabric washed at 30°C but that they are eliminated when it is washed at 60°C

Tinea pedis

Tinea pedis (commonly known as tinea or Athlete's foot) is a fungal skin infection occurring between the toes and on the soles of the feet. In a 2014 study, epidemiologists Macit Ilkit and Murat Durdu reported that 70 per cent of the population experiences at least one tinea pedis infection in their lifetime, with males most at risk 1, and that a third of people with tinea pedis will also have a fungal nail infection (onychomycosis). In addition, tinea pedis predisposes you to tinea cruris (jock itch) and tinea corporis (ring worm).

Tinea pedis is largely caused by the dermatophytes Trichophyton rubrum and Trichophyton interdigitale, which are fungi that thrive in the keratin layer of the skin. Dermatophytes breed best in warm and damp environments and are highly contagious, making areas such as communal showers, change rooms and swimming pool complexes reservoirs of potential infection 2. Wearing shoes and socks made of non-breathable material also creates an optimal environment for fungi.

Interdigital tinea pedis is the most common form. It arises due to persistent moisture between the toes and typically presents as itchy, white, macerated skin. If left untreated, the infection may spread to the rest of the foot. Moccasin tinea pedis will produce small circles of scaling, plaques and redness on the heels, soles and sides of the foot. A sufferer of vesicular tinea pedis will have small blisters and pustules on the instep and arch.



Tinea pedis is highly prevalent and its symptoms can be persistent and aggravating. A podiatrist or general practitioner can help diagnose an infection and develop an appropriate treatment plan. MMH



ABOUT THE AUTHOR

Jessica Knox is a podiatrist and partner in Great Feets Podiatry in the Redfern Village shopping precinct in Redfern, Sydney. She is also a clinical supervisor for podiatry students at the University of Western Sydney. Jessica's background as an elite athlete, representing Australia in both athletics (100m and 4x100m) and skeleton, a winter ice sport, has enhanced her knowledge of biomechanics and given her a unique understanding of rehabilitation and the management of sports-related injuries. Jessica is the podiatrist for the South Sydney Rabbitohs.

For more information about Great Feets, head to www.redfernvillage.com.au

¹ Ilkit, M. Durdu, M. (02/2014), Tinea pedis: the etiology and global epidemiology of a common fungal infection. Critical Reviews in Microbiology.

DOI: 10.3109/1040841X.2013.856853

- ^{2.} Vlahovic, T. (2014). Current and emerging agents for tinea pedis. *Podiatry Today*, 27(4).
- 3. Hammer, T. R., Mucha, H. & Hoefer, D. (2011). Infection risk by dermatophytes during storage and after domestic laundry and their temperature-dependent inactivation. Mycopathologia, 171, pp. 43-49.

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FITNESS MODEL Barbie Heng | IMAGES Charlie Suriano

WIN HER WITH HUMOUR

It's no surprise to find out that most women prefer a man who can laugh at himself over one who constantly talks himself up. It's the art of being humble and, according to a study by the University of New Mexico, making fun of your flaws can actually win her over. Study co-author Gil Greengross, PhD, said "men who laugh at themselves - called 'self-deprecating humour' in psych speak - seem more approachable and less stuck-up." But don't go writing yourself off straight away! This theory works best after you've already revealed some of your more admirable qualities such as your culinary skills, future aspirations or passionate pastimes. Once you've done that, poke a little fun at yourself for your weak points and you'll appear more attractive for both short- and long-term relationships! MMH







THE WORKOUT

EXERCISE	SETS	DURATION/REPS
Two-arm Overhead Dumbbell Extension	4-5	8-10
Narrow-hand Position Push-up	4-5	To Failure
Bench Dip	4-5	To Failure

Two-arm Overhead Dumbbell Extension

SET-UP: Sit on a bench, feet flat on the floor. Grasp the inner plate of a dumbbell as you hold it overhead, your thumbs wrapped around the handle, in full extension. Eyes remain forward and lower back tight.

ACTION: Keeping elbows in place alongside your ears, lower the weight behind your head until your arms form a 90-degree angle. Hold for a short count, press back up into a full-arm extension and squeeze your triceps hard at the top.

TIP: If you get more than 10 reps, introduce a heavier dumbbell.





Narrow-hand Position Push-up

SET-UP: Lie face-down on the floor in a pushup position, placing your hands a few inches (5-8cm) apart. Raise your body by extending your arms and coming up on your toes.

ACTION: With your eyes to the floor and abs pulled in, lower your body by bending your

elbows. Keep elbows in tight as you descend. Stop motion when chest taps the floor and then restart.

TIP: Sets done until failure can increase the growth hormone, creating bigger muscles.



Bench Dip

SET-UP: Sit on the middle edge of a bench with your feet on the floor. Place your hands just outside your hips on the bench, cup the bench with your fingers and extend your legs out, lifting your glutes from the bench, so that only your heels are in contact with the floor. This is your starting position.

ACTION: Slowly lower your glutes towards the floor until your arms form a 90-degree angle. Keep your elbows tight and pointed backward throughout the movement. Pause at the bottom and forcefully press yourself back up to the start position.

TIP: After this exercise rest for 2-3 minutes then repeat from the start.



HOW TO CURE PATELLAR TENDONITIS

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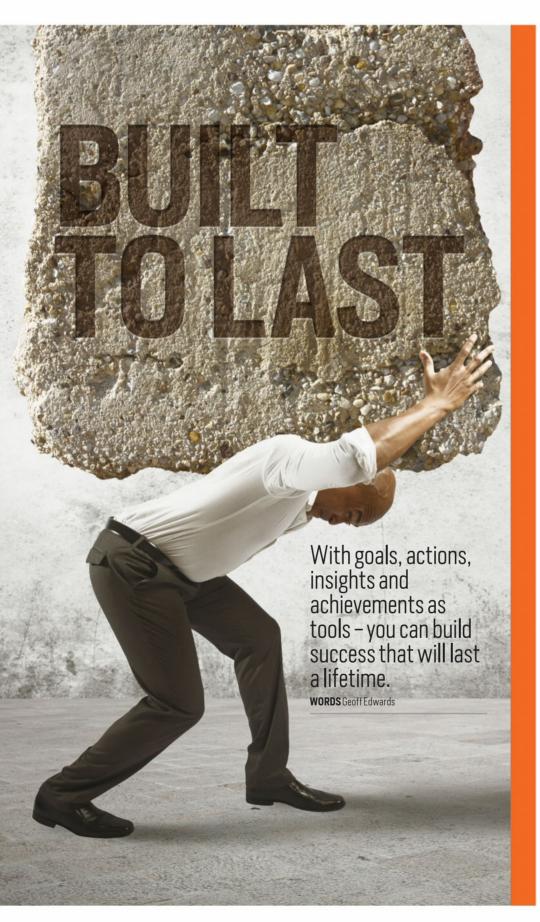
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ife is very busy, very fast and our attention is often grabbed by the next thing that comes along. Today we have so many alerts, messages, emails and phone calls it is no wonder we see people glued to their smart phones. In fact, I am sure you may have noticed people going across pedestrian crossings while looking at their phone. It's great to see that they make it to the other side without any mishaps!

Technology is amazing, due to the credit of pioneers such as Steve Jobs and many others, and we have information at our fingertips and amazing connections globally. However, do you have the feeling sometimes that you are "caught up" in it all and have no time to build your success? Winston Churchill, a great leader during World War II, had a vision 300 years ahead. While that is incredible, I am not suggesting that here. However, it is important to build approaches in your life for future success. In the many years I have been working with people to assist them in becoming successful, certain themes came together to create a great result: a success formula! With goals, actions, insights and achievements as tools and support resources, the concept of "Built to Last" evolved. So, would you like the opportunity to create your own success formula now? Read on...

A Recap on Your Life

So, where is your life at now? Is your busy life filled with appointments, demands, work or running a business? Quite often we don't have time to see where we would like to head and we may end up somewhere we don't want to be. It is important to step away from it all and reflect on important aspects of your life and where you want to go. Find some time for yourself in a quiet place to reflect on the following questions:

What motivates you?

- How do you tend to sabotage yourself?
- What drives you?
- How do you have fun?
- What do you want to change?
- What do you do to look after yourself on a regular basis?
- What are your strong points?
- When were you happiest in your life? Why?
- If you could have anything in the world what would it be?
- What do you want the rest of your life to be about?

These answers will give you some broad areas of focus in your life and then you can then develop exciting goals. Write them down.

For example, a few of your goals might be:

- Double resilience
- Develop a career plan
- Increase business turnover
- Run a marathon
- Ascend Mt Everest

The Journey

The next step is to take action towards these goals and maintain focus. For example: take an art class, make a phone call to a friend, create a change in your gym program or eat at home rather than go out to dinner. Maybe you could do something else at work that would lead to an improvement, or volunteer in the community.

Then, it is important to take note of situations

that arise daily that may take you away from your new approach. By removing automatic unconscious responses to demands, you will create space and awareness. You will then have a life based around your true values. In addition, by reviewing progress regularly you will realise that success becomes the progressive accumulation of small steps.

So, the simple message is to have a broad guideline for your life with some more specific goals. For each goal take the next action only, rather than

"QUITE OFTEN WE **DON'T HAVE TIME TO SEE WHERE WE WOULD LIKE TO HEAD AND WE MAY END UP SOMEWHERE WE DON'T WANT TO BE.**"

working out a detailed plan for the next 12 months, then trust in the process and flow of life as the "clues will come to vou."

Your own Success **Formula**

To develop your own success formula, use the following as a guide:

- Create a vision of the future
- Display relevant photos in your life

- Write down goals and actions taken
- Note insights and achievements
- Recognise important people in your life
- Work on strengths and weaknesses
- Beliefs, drivers and a balanced view
- Use the tools and resources available

Find a journal or a place where you could record aspects for your life using the template and your goals as a reference each day and see what evolves. Ensure you have time to do this each day and then

reflect back on your success formula.

Overall, what I have discovered in working with individuals is that by taking time out and away from distractions, people's lives evolve in exciting new ways. welcome any feedback on my articles, or suggestions for future topics. In addition, if you would like to share any successes that you feel excited about, please let me know. MMH

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond. com or through his website

www.geoffedwards.net



TIPS TO ENSURE YOU ARE "BUILT TO LAST"

- Be clear on your vision

- Take note of the messages you receive daily

- Acknowledge success

THE

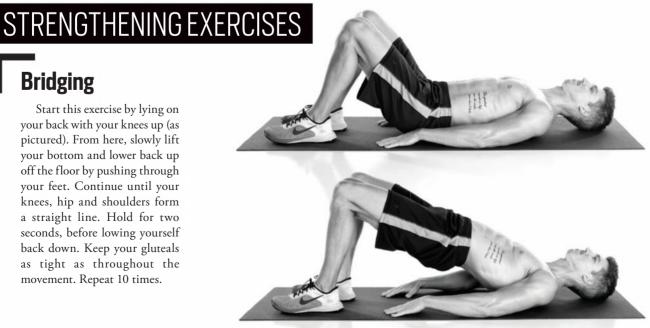
By Dr. Matthew Davidson B.Sc., M.Chiro. Director, Hope Island Chiropractic Centre Certified Active Release Technique Provider Member, Member, Chiropractic Association of Australia, Member, Sports Chiropractic

In part 1 of The Hip we discovered that, being a weight-bearing joint, the hip is more prone to bone, joint and agerelated damage than any other joint. We also looked into its anatomy and what can go wrong, including hip fractures, osteoarthritis, labral tears and bursitis. In this issue, it's all about prevention. The following exercises can be performed to help strengthen the hip and surrounding muscles, from the comfort of home.



Bridging

Start this exercise by lying on your back with your knees up (as pictured). From here, slowly lift your bottom and lower back up off the floor by pushing through your feet. Continue until your knees, hip and shoulders form a straight line. Hold for two seconds, before lowing yourself back down. Keep your gluteals as tight as throughout the movement. Repeat 10 times.





Adductor Squeeze

Prepare for this exercise by lying on your towel between your knees and hold for five back with your knees up, and a rolled up seconds. Squeeze as hard as possible, as towel or ball (as pictured) between your long as you remain pain-free throughout knees. Using your inner thigh muscles the exercise. Repeat 10 times. MMH (adductors), slowly squeeze the ball or

STAYON TRACK WORDS Stephen Fenech

Getting in shape and achieving your fitness goals has been made even easier with the rise of activity bands and other wearable devices that can track our every move and push us to improve our health, wellness and the effectiveness of our exercise. Whether you just want to improve your health or are training for a marathon, there's a gadget that can help.



BELTY

We've heard of smartphones, smartwatches, smart cameras, smart cars and smart homes – but what about the smart belt? That's exactly what you get with Belty. It provides a whole new way of looking at wearable tech. Developed by French company Emiota, Belty's technology is housed in the buckle and is actually in a great position to track your activities while it's around your waist. Made of high quality leather, Belty

wirelessly connects to a smartphone app to transfer your waist measurements and can even loosen when you sit down and tighten when you stand up again. But Belty is also a device that can be brutally honest and it will let you know that your waistline has expanded and advise the wearer on how they can get back on track. Users will also receive alerts after extended periods of inactivity as well as advice from the companion app's

fitness coach. Plus, you can share your achievements with your friends and followers on social media.

Price: Approx \$199 www.wearbelty.com



APPLE WATCH

While a lot of attention for the Apple Watch has been around how it is an extension of the iPhone on your wrist, its credentials as a health and fitness device are also quite impressive. There are builtin apps - Workout and Activity - to not only track whatever type of exercise you happen to be doing, but also track your training and your movement throughout the day. The Apple Watch's design, like Apple's other products, is sleek and eyecatching and has made the smartwatch a category that everyone can take seriously. Apple Watch has an onboard heart rate monitor for an added layer of analysis but those hoping to take the device for a swim will be disappointed to learn it's not waterproof. That's not to say it can't be your personal trainer on dry land. The Workout app lets you choose what type of activity you want to do – running, cycling and walking along with indoor options that are tracked the same way but that don't require GPS tracking. The Activity app presents an overview of all of your actions including exercise, calories burned and even the times you stand up during the day. And if you've been sitting down for too long, you'll be told it's time to stand up. Apple Watch is already an excellent activity tracker/exercise product that will only improve as more apps are created for the device.

Price: from \$499 www.apple.com.au

FITBIT CHARGE HR

Fitbit is one of the most popular fitness brands on the market thanks to products like the Charge HR. It has a small OLED display and is part activity band and part smartwatch. On the activity side the Fitbit Charge HR is literally at your side for your walks and your runs and can also calculate your steps, your active minutes, the calories you've burned and the floors you've climbed. And with the built-in heart rate monitor you can also get continuous feedback on your pulse and whether you're in the zone for your training. The Fitbit app wirelessly syncs with the device on your wrist and provides an excellent rundown of your stats and workout summaries so you'll always know how you're tracking to achieve your fitness goals. And, having a display, the Fitbit Charge HR can also show the time and even give users notifications on incoming calls along with a view of their daily stats. When it's time for bed, the Fitbit Charge HR can monitor your sleep and even provide a silent vibration alarm on your wrist so you can wake up without disturbing your partner. And there's no need to rush for the charger - a fully charged battery will last for about five days.

Price: \$199 | www.fitbit.com





GARMIN FENIX

The idea of wearing a watch while you're exercising is nothing new but thanks to the advances in technology they've become more useful than ever before. Garmin is one company that has busily been making sportswatches for more than a decade and its latest product - the Fenix3 - is the result of years of development. The device has an easy-to-read 1.2-inch (3cm) circular screen and is made of tough stainless steel. It's no thicker or bulkier than other sportwatches on the market but the Fenix 3 has a lot more under the hood, including a built-in GPS that allows the wearer to collect a lot of data including distance, speed, pace and even map your run. There is no built-in heart rate monitor but it can pair with a chest strap to provide another level of metrics for your activities. It is waterproof to a depth of 100m so it can go with you anywhere whether you're and athlete or an adventurer. The Fenix 3, in conjunction with the companion Garmin Connect smartphone app, can also show you your heart rate variability, maximum volume of oxygen per minute and your fitness gains. It's also a barometer and a compass and can pair with your smartphone to keep an eye on your messages and emails

Price: \$699 | www.garmin.com



JAWBONE UP3

Jawbone was one of the original activity bands on the market and is still one of the best today with the release of the UP3 fitness tracker. Yes, there are smartphones and smartwatches but these can't be worn 24/7, and they need charging every day. The Jawbone only needs charging once a week. And none can collect the same amount of data about you like the Jawbone - to not only track your activities, steps and food intake but your resting heart rate - and then interpret that information through the excellent app. It uses advanced sensors to monitor your sleep and can distinguish between light sleep, deep sleep and even REM sleep. The strength of the Jawbone ecosystem apart from the device that you'll forget you're even wearing - is what the app does with all of that data. Smart Coach is one feature that offers ways to improve your health like suggesting an earlier bedtime, increasing your step goals and drinking more water. Plus your motivation to build up your steps and get better a night's sleep can be extended by challenging your friends and family to do the same.

Price: \$249 | www.jawbone.com



ABOUT THE AUTHOR

Stephen Fenech is editor of TechGuide.com.au and one of the most respected consumer technology journalists and commentators in Australia. He is the go-to tech guru and troubleshooter who provides easy-to-understand reports, expert advice and product reviews online and on TV and radio.



Turn your transformation at the gym into a best-selling epic by following the hero's journey of everybody's favourite Jedi, Luke Skywalker.

WORDS Kate Swann and Kristina Mamrot | Psychologists and Authors | www.pscounselling.com.au







HAVE YOU EVER HAD THE EXPERIENCE OF **DRAGGING YOURSELF** RELUCTANTLY INTO THE GYM? THEN, AS YOU WORK OUT, YOU **GRADUALLY GAIN MOTIVATION. OVERCOME ADVERSITY AND EXIT FEELING LIKE A CONQUERING HERO?**

his path of physical and emotional transformation bears a striking resemblance to the "Hero's Journey", concept discussed in psychoanalytical literature. Psychoanalysts Carl Jung and Joseph Campbell wrote about a state that some people move into where they seek and embark on the path to change so they can live a happier and more fulfilling life, and in so doing be a positive influence on those around them. In fact, this state, which they refer to as the archetype Hero's Journey, has been written about for centuries in myths and legends.

The Hero's Journey is responsible for some of the greatest literature and film epics ever made. Here's how the story goes: starting as a mild-mannered, ordinary person, the hero receives a call to action. Fearing the unknown and the potential risks, he initially refuses, before undertaking the journey. Along the way he meets with a wise mentor

who helps guide him. He then travels out of his comfortable existence into the unknown, where there may be encounters with friends and enemies. When he's worked out who his friends are, they help him prepare and accompany him into this new world. Along the way, his endurance is tested, but he prevails and takes possession of the reward, although it may be difficult to hold onto it. A moment of enlightenment causes him to realise he can't go back to his old life, but must embrace the new. He then brings his reward home but is tested on the way back just as home is in sight. His journey is eventually finished and he is either a triumphant hero, or continues on to seek further rewards.

Does this story sound familiar? It should - writers and film makers have been recreating the Hero's Journey for years. Case in point: Lord of the Rings, The Karate Kid, The Matrix, Lion King, and the list goes on.



So here's how you can turn your transformation at the gym into a best-selling epic and an injection of motivation. We've used Star Wars as an example of the Hero's Journey, and imagined an everyday man (we'll call him Bob) as he embarks on his journey of transformation at the gym.

STAGES OF THE HERO'S JOURNEY	STAR WARS EXAMPLE	MEANWHILE BACK AT THE GYM	
The Ordinary World – home.	Luke Skywalker first appears in Star Wars as a bored farm boy longing for more.	Bob's overweight and leads a sedentary life.	
Call to Adventure – the hero realises there's more to life than home sweet home.	Princess Leia's plea for help to Obi Wan Kenobi.	At the doctor to get antibiotics to fight off an ear infection, Bob is told he's obese, and unless he loses weight and sorts out his eating, he can expect diabetes or heart trouble down the track.	
Refusal of the Call – the hero fears the unknown and doubts his ability.	Luke refuses to accompany Obi Wan, but returns home to find his family has been killed.	Bob mulls for a few days – he likes his life and knows making changes will be hard.	
Meeting the Mentor – first encounter with the wise man who encourages the hero.	Obi Wan gives Luke his father's light sabre.	Bob drops into his local gym to check on prices and meets with an inspiring PT.	
Crossing the Threshold – the hero starts the journey and is struck by the differences between home and the new world.	Obi Wan takes Luke to Chalmun's Cantina – a bar and strange new world for the young farm boy.	Bob feels overwhelmed as he starts training and learns how to use the equipment and master the exercises.	
Tests, Allies, and Enemies – the hero faces tests and has to decide who is friend and who is foe.	In the Cantina, Luke realises Han Solo is an ally and Jabba the Hutt is an enemy.	At the gym he meets new people who are encouraging, but some friends outside the gym try to persuade him to break his diet with another beer, or unhealthy (previously loved) food choices.	
The Approach – the hero prepares himself psychologically and physically.	Luke and his friends arrive at the Death Star where they will rescue Princess Leia.	Bob arms himself with healthy options at home, clears his pantry of unhealthy food, and learns about preparing nutritious meals.	
The Ordeal – the hero must take risks and fight for what he wants.	Luke and his friends are trapped in the trash-masher in the Death Star.	Bob finds it hard to maintain a new program and resist his old temptations.	
Seizing the Reward – the hero wins and now claims the treasure.	Luke escapes with Princess Leia and the plans which will destroy the Death Star.	Bob feels healthy, fit and strong.	
Enlightenment – the journey causes the hero to realise he has intrinsically changed for the better and must continue on this new path.	Luke joins the Rebels to fight and attempt to destroy the Death Star.	Bob feels like he could succeed at anything if he put his mind to it.	
The Return Road – turning toward home a changed man can be just as difficult as leaving.	There's a knuckle-biting fight as Luke eventually destroys the Death Star.	Bob is worried about whether he will be able to maintain the changes he's made.	
Return with the Reward – a changed man, the hero brings his reward home and comes to terms with his changes.	Luke and his friends are rewarded for their achievements.	Feeling healthier makes Bob happier. People can see these changes in him and congratulate him.	

While Luke Skywalker's been busy transforming himself and saving the universe, Bob has transformed himself from mild-mannered to superman. Why not take a look at your life's path, and transform it into a Hero's Journey too? MMH



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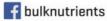
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TOP SIX FOODS



not make them a health food – quite the opposite! It's now thought that diet drinks are as bad as their sugary counterparts, with recent research linking them with diabetes, cardiovascular disease and obesity. What diet drinks do is trick your metabolism into thinking sugar is on its way. This causes your body to pump out insulin, the fat storage hormone, which lays down more fat and slows your metabolism. Try sparkling water with lemon to curb fizzy drink cravings.

grey colour and has to be coloured

yellow and flavoured for consumption.

Misleading and dangerous advice from

health authorities has led us to believe

we should be avoiding good, wholesome

butter - please don't listen to this advice

as it's inherently wrong. Our bodies can

process saturated fats (which have now

been proven to have no link to heart

diseases), but not the chemical load in

margarine.

I am not a fan of breakfast cereals, never have been. They are the most profitable food on the supermarket shelf, they have outlandish false health claims and their marketing and advertising is full of extravagant claims. The food is barely a food; it is highly processed and as a result must be fortified with dubious nutrients. If you read the ingredients on many of them you'll see there are more additives than a luxury car.

Despite what the packet might these are six so-called "health" foods that everyone should avo

Despite what the packet might say, foods that everyone should avoid!



4. FORTIFIED FOODS

The fortification of foods has been a long-term endeavour by health authorities to stop nutritional deficiencies. All flour has been fortified with B vitamins for many decades. In 2009 the compulsory fortification of bread with folic acid and iodine was imposed on all bakers in Australia, except organic bread. I am opposed to fortification because I don't want to be mass medicated and am concerned about the effects of overconsuming vitamins and minerals. For example, there have been studies that show if males consume too much folic acid (synthetic form of folate) then the chances of prostate cancer increases by some 30 per cent. If a pregnant woman takes folic acid at 30-34 weeks then the chance of her baby having asthma increases. While we consume fortified foods with vitamins and minerals made in a chemical laboratory we risk the chance of being caught up in some huge experiment that we really don't know the health outcome of.



5. MUESLI BARS

Due to very clever marketing, these onthe-go snacks are thought to be a healthy option. Whether you have chocolate chips, fruit or yoghurt - the fact is that these are normally very high in sugar (sometimes disguised as high-fructose corn syrup) and packed full of additives and preservatives. For a sweet snack try having a piece of fruit or even make your own bars with good, honest ingredients.



6. SOY

In the last 20 years soy consumption has grown to be a big business and not just for vegetarians. If you check your packaging you'll notice that a whopping 60-80 per cent of foods on grocery shelves now contain soy in the guise of soy flour, textured vegetable protein, partially hydrogenated soy bean oil, soy protein isolate and vegetable oil. Because such huge amounts of soy are somewhat imposed upon us, we run the risk of overconsuming and developing intolerances much the same as what's happened with wheat and dairy. There are also some health concerns with soy consumption and it's wise to be a conscious consumer, so while a small amount is good, be careful! MMH



Bring the rock star appeal to your everyday style with these tips from MMH Fashion guru Craig Lawson.

WORDS Craig Lawson

THE UNIVERSAL ROCK STAR IMAGE HAS CHANGED OVER THE YEARS AND **IN 2015 THERE IS A NEW** WAVE OF SOPHISTICATION LEADING THE WAY. Think about the way Adam Levine struts around on stage, holding the audience in the palm of his hand. He oozes confidence, owning the style of clothing he's wearing and creating a sense of mystery and intrigue that draws people into his world. It's a world of fame, parties, groupies and admiration - and it's all a part of what makes the rock star style one of the biggest trends for guys, no matter the season.

The key to pulling off any look begins with attitude - and this is especially the case when channelling your inner rock star. If you want to make it work, you're going to have to own it. Once you've got the right vibe, it's time to think about capturing your own personal sense of rock star style...

But how do you get a piece of the action without looking like the illegitimate love child of Marilyn

Manson and Billy Idol?

Model Dressed by Nana Judy



MMHRECOMMENDS: For the feet, ankle boots are staunch and finish the overall look with a bad-boy attitude

Clarks Mahale \$199.95

START WITH DENIM

Denim pants are king in the land of rock and it's all about tight fitting and slim leg cuts. Distressed denim is a trend that is not going away anytime soon as labels deliver ripped detail in key colours of black and blue. Chino trousers are a must-have item of clothing so hunt out a pair with an elastic waist for extra wearability, especially if in bulking mode. If a belt is required to hold those pants up, then keep the colour simple in black or tan leather and don't worry about having to match with your shoe colour.



ADD BLACK

The clothing rule for colour is to keep it simple in tones of black, white and grey. Printed tees are a chance to have some fun. look for tailored styles if you want to show off your physique. Opt for wild slogans that exhibit your personality, this can also provide great talking points if heading to a function especially looking to meet someone new. Check shirts are a good way to dress up this look; just make sure to leave them untucked for a rough appeal.



www.cupofcuriosity.com Alchemy Earth Element Oxidised Sterling Silver Necklace \$85

STYLE WITH HARDWARE

Jeweller is the final element to this look but the rule is not to overdo it – we can't have you looking like Mr T. Wear a couple o statement pieces that will stand out: silver chains deliver an extra edge and the chunkier the better... nothing dainty!

The pocket chain will add that instant rock factor, plus it has a functional purpose of ensuring you don't lose your wallet at the next concert. Body piercing has proved to be a long-lasting trend with lip, nose and nipple rings the popular choices – just m e sure you're really committed to the decision before going out and getting one! Finally, dark sunnies must be on stand-by at all times, nothing flash st simple black shades will do the trick. MMH



Nana Judy Sin City Jumper RRP\$119.95



MMH RECOMMENDS: Rings with original detail look great on the fingers and you'll find designer markets are a good hunting spot for unique pieces plus you can support emerging artists.



Nana Judy Wild Fern Tee RRP\$59.95



Saltbush Tee RRP \$64.95



Lads of Fortune Members only TShirt RRP\$59.95



Distressed denim

Anything goes when it comes to hair but choose matt styling products to deliver a rock 'n' roll edge. However, the big teased 80s hairstyle is definitely out.

Chino trousers



MEN'S MUSCLE & HEALTH



rossFit is one of the fastest growing areas of the fitness industry, with Forbes recently estimating the CrossFit network of businesses to be worth an astonishing US\$4 billion. Not only this, but CrossFit has now become the largest sporting event of all time in terms of participant numbers — a whopping

209,585 people registered for last year's worldwide CrossFit Open event. Developed by Greg Glassman several decades ago, CrossFit aims to optimise fitness by performing constantly varied functional movements at a high intensity. With physiques like that of CrossFit poster-child Rich Froning infiltrating our social media feeds, it's no wonder so many athletes

and everyday people are jumping on the bandwagon. But the question is: can CrossFit actually improve your sports performance, and if so, how could one make it even more optimal to meet their individual sporting requirements?

Training optimally for your sport involves following a training program that is both scientifically and clinically proven to give you the best outcome. The definition of optimal is the 'most favourable'. Remember, training is different to exercising. Exercising is for the general public. You are an athlete. You need to train specifically for your sport – whether that's bodybuilding, football, golf or even CrossFit!



Optimal Best or most favourable: optimum. "Seeking the optimal solution"

One aspect to optimal training is consistency. Consistency occurs largely due to enjoyment and is one reason many flock to CrossFit. However, is it the best form of training for them to do? Many CrossFitters will tell you it is, and there are many athletes around the world incorporating CrossFit-style training into their programs and succeeding. But as the saying goes... "Just because you get results with a program doesn't mean you wouldn't get greater results with another program!"

Firstly, it is important to look at the difference between an athlete and athleticism. An athlete to me is anybody who participates in a given sport, normally at a level above that of the general public. The Merriam Webster dictionary suggests

"CROSSFIT HAS **NOW BECOME THE LARGEST SPORTING EVENT OF ALL TIME IN TERMS OF PARTICIPANT NUMBERS**"

that an athlete is a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility or stamina. Athleticism on the other hand is difficult to define. Is the best golfer in the world more athletic than a marathon runner? Maybe, maybe not; they are both athletes. For the purpose of this article, let's define athleticism as the ability of an athlete to move faster in space compared to his or her opponent, task or obstacle. Showing a great degree of athleticism would mean having a combination of strength, power, speed, endurance, stamina, flexibility, balance, coordination, agility and accuracy. Each sport has its own requirements of fitness and ability, but most do not need to train in all of these modalities. This is why we migrate towards certain sports as we tend to suit some more than others.

Not one sport requires you to be good at every single aspect of fitness, which CrossFit attempts to train you to be. Your individual strengths are the reason you are competing in your chosen sport, or did that sport choose you? I am sure a marathon runner would love to sprint as fast as a 400m track runner. But to be good at running a marathon you are not going to have that explosive fast twitch muscle power - that is simple human physiology.

This leads me to my first point.





1. CrossFit itself is a sport. You are trying to be a professional at your sport.

CrossFithas now established itself as its own sport (said to be simply "the sport of fitness"), and therefore caution needs to be taken when factoring it into your training for other sports. For example, part of the year where it may be beneficial for an athlete to train in the CrossFit style would be in the off-season, or you may go one day a week to mix your training up from an enjoyment perspective.

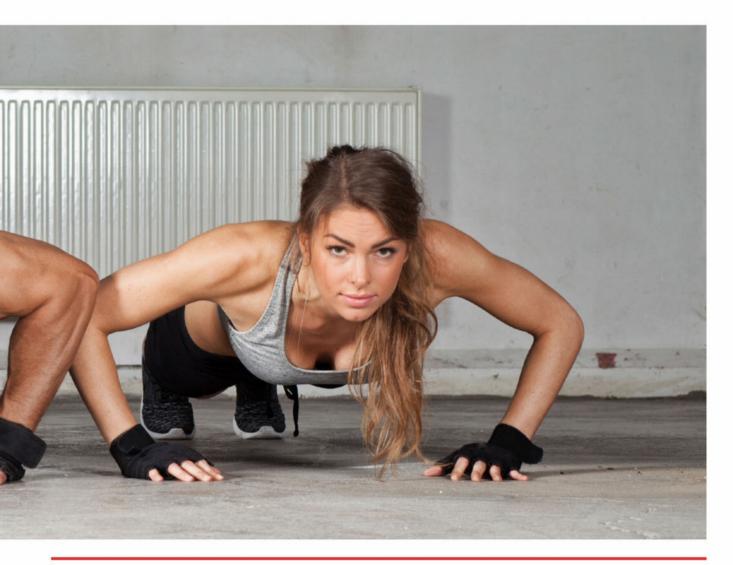
It is my belief that using CrossFit as your only strength component is not optimal for any athlete other than a CrossFitter, simply because it is designed to get one better at competing in CrossFit. It has not been designed with your sports requirements in mind; however, there will be some carryover which might be why some people see initial improvements. On top of this, CrossFit is a very intense form of training and you may be opening yourself up to injures related to overload if you don't have a periodised plan managing volume in place (this can happen during any form of intense training). You can still do reps for time but as always you should be more concerned with your form.

The fantastic thing about CrossFit is that it has components of gymnastics and weightlifting. This is where you can use CrossFit to help you. Going to a CrossFit gym and working with the weightlifting coach on a periodised plan to get you stronger and more explosive is exactly what most sports require you to do.

CrossFit does not classify itself as a specialised program: it attempts to optimise your physical ability over 10 fitness competencies: cardiovascular endurance, stamina, strength, flexibility, power, speed, co-

ordination, agility, balance and accuracy. CrossFit bases itself around increasing your work capacity so that you are participating in a broad general fitness program. In summary, CrossFit's speciality is actually not specialising in any one area of fitness. Increasing your work capacity is important for many athletes; however, it must carry over to increased ability to perform better at your sport.

This brings me to my second point:



2. Cross fit does not specialise. Your sport requires you to specialise.

You want to specialise in your sport. It will require a focus on one or a few of the 10 traits mentioned - along with a degree of natural ability, dedication and skill. While CrossFit will give you a broad ability that is great for the everyday punter, you need to be specific to your sport. All athletes have weaknesses, and these weaknesses need to be trained. Unfortunately one cannot be exceptional at all levels of fitness. Look at the strongest athletes in the world or the most explosive; they specifically train to optimise strength and explosiveness. Think sports like powerlifting

"CROSSFIT DOES NOT CLASSIFY ITSELF **AS A SPECIALISED PROGRAM"**

(pure strength) or weightlifting (explosiveness and strength). The great thing about human physiology and biochemistry is that we adapt. However, telling your body to get good at one thing at one session - then on another training session be good at something else - contradicts itself. You will not get optimal adaptation to either. For example, with respect to muscle fibre types: a marathon runner is going to have a larger percentage of

type 1 fibres, compared to a sprinter who is going to have a large percentage of type 2 fibres. Each fibre suits that chosen sport. Type one relies greater on oxygen, whereas type 2 relies solely on rapid ATP availability via glucose (stored carbohydrate). Type 1 fibres are slow; type 2 fibres are fast and explosive. Yes, someone can be good at all fitness components, and the elite level CrossFitters are a great example; however, it is

unlikely that person is not going to be an Olympic level weightlifter, a professional boxer or a marathon runner. Focusing to be good at everything takes away the time you need to be focusing specifically on what your sport requires. You know what is going to occur in your game and therefore you can train to last the required time. There isn't the 'unknown' element to the extent there is with CrossFit.

Finally, my third point: periodisation is important for any athlete or person looking to progress optimally.









3. Periodisation for CrossFit and your sport will be different. Adjust your program accordingly.

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FITNESS."

When it comes to training, scientific and practical applications have demonstrated the importance of training periodisation; it is simply planning. It allows emphasis on specific requirements of your sport and your weaknesses. It allows you to structure your training into blocks (from yearly to monthly to weekly and daily). It guides one's training towards and around competition dates so that you reach peak performance at the correct

times and avoid injury from too much volume/load or intensity.

There is a lack of periodisation not only in CrossFit gyms but in most training programs. The periodisation should be generated towards getting you ready for the most important

competition of your sport. For example; if CrossFit was periodised leading up to competition it would see those athletes focusing on Met-cons; which is not specific to the needs of an athlete whose professional sport is something besides CrossFit.

A key aspect of periodisation is strength. If an athlete walks into a gym and performs a workout with any random numbers and intensity, it may help or it may not. Not knowing if it will is not optimal. Linear progression is the simplest form, so check that your CrossFit coach is doing so. Leading up to competition for CrossFit, the training is likely to be a little more intense, have great variation and less volume training and while this is an important component of the competition season for CrossFit, it might not be for your specific sports requirements.

While the use of CrossFit as a form of strength might not be optimal for athletes of other sports to participate in, that does not mean it is not optimal. It is optimal for those who want to participate in the sport of CrossFit. It also does not mean CrossFit coaches do not know how to train athletes. It means CrossFit itself, based on its methodology, does not optimise other sports

requirements. Yes, you may progress slightly, however it is not optimal simply because the focus is not on your specific sport.

CrossFit, if performed correctly, is fantastic for someone looking to have a good overall level of the 10 components of fitness. One of the main positives, and what other sports can learn from, is the way they have created a giant social community. The community

> feel is a reason many gym-goers 'functional'

migrate towards CrossFit, where it is said to be a positive, supportive and encouraging environment. Additionally, the focus on exercises such as weightlifting is very positive. Another great

component of CrossFit is the focus on mobility. If you are an athlete and can make it to a mobility session at a CrossFit gym then fit it in - you will get more out of it than a yoga session! In an athlete's off-season or time away from their main sport, CrossFit may give them a mental break whilst still maintaining some important components of fitness.

During season an athlete participating in a sport other than CrossFit should not rely solely on CrossFit to optimise their performance. Any coach who tells you otherwise does not understand the simple principles of strength and conditioning. It is also not optimal for you because it does not specialise - and you need to specialise. However there are still benefits you may gain from performing CrossFit; caution just needs to be taken.

Happy, heavy and safe lifting. MMH

..... If you have any training or any particular injury questions you can contact myself, Stent Card on facebook, Stent Card "The Reh-AB man" Physiotherapist or at Kawana Sports Care 07 54442133.

Facebook: www.facebook.com/TheRehabman Instagram: STENTCARD

THE SEARCH FOR THE ULTIMATE MMH MAN IS ON!

DO YOU FIT THE BILL?

The 'Ultimate MMH Man' 2015 competition is your chance to feature on the cover of your favourite fitness magazine. How? Well, as a starting point you'll need to be in good shape probably in your best-ever shape, but equally you'll need to be a good bloke with a great attitude who aims to be the best he can be in all areas of his life: work, life. relationships, style, health, fitness and appearance. Chances are you love the outdoors and keep active whenever you can, making the most out of every weekend! So if vou think you fit the bill, then enter

nowl



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WHAT WE ARE LOOKING FOR

With some of the biggest names in Australian fitness on board contributing to the prize pool, the ultimate prize is on offer – the title of "Ultimate MMH Man" and the coveted front cover of our November issue.

All we need is your entry!

WHAT IS ON OFFER

The winner will appear on the cover of the November 2015 issue of *MMH* and earn the right to call himself the 'Ultimate *MMH* Man' for 2015. As part of a great prize package, all finalists will enjoy a trip to *MMH* HQ located on the Gold Coast for a photo shoot with our chief photographer Dallas Olsen, valued at over \$5,000!

Remember – it's not just the overall winner who is presented with fantastic opportunities.

How to enter

Step 1. Visit www.covermodelsearch.com.au; and complete the online entry form and submit your selected image. You will need to complete all fields and ensure that you provide a valid email address and phone number as you will be contacted if you are one of our finalists. Entry is free of charge!

Step 2. After completing your entry online, you will also need to share your submitted image via Facebook or Instagram, accompanied by the following hashtag: *#ultimatemmhman*

Step 3. You will need to ensure that you are available early September 2015 for a photo shoot at *MMH* HQ on the Gold Coast, Australia (domestic flights will be provided).

Image guidelines and hints

- The image needs to be a single image and not a collage and be taken without a filter (refer point 3)
- 2. It needs to be clear, recent and must include:
 - a) Your face and your body (below knees not necessary),
 - b) Be in fitness gear not underwear.
- 3. The image must be completely untouched (original image) and entries containing any Photoshop or filters will not be considered

4. Most importantly, have fun with your entry! We want you to enjoy the experience, not stress about it.

This competition is open to all readers and we look forward to helping out if you have any questions or would like additional direction. Feel free to contact us at admin@fitmedia.com.au.

Entries close 1st September 2015.



A BIGGER BACK & CHEST **WITH ADAM BLAIR**

Love your football? This back and chest workout is specifically designed to give you the bigger back and chest required for the demands of your sport.

ATHLETE Adam Blair | IMAGES Dallas Olsen | EQUIPMENT Cyberfit and Gym & Fitness

THE WORKOUT \\

EXERCISE	SETS	REPS
Warm-up Row	1	3 mins
Chest Press	3	8-12
Single Arm Dumbell Press	3	8-12
Lat Pull-Down	3	8-12
Single Arm Dumbell Row	3	8-12
Barbell Bent-over Row	3	8-12
Reverse Grip Pull-up	3	8-12

The flaring, cobra-shaped back and a barrel chest is an imposing physique to come up against on the sporting field. It's a look that is both powerful and athletic, and one you can obtain for yourself by following a few simple rules.

1. Pause and Squeeze

Almost every movement you perform when training your back will have you pulling something heavy towards your face or chest. At the height of each rep, your shoulders should be tightly pursed together and held for one count. This will add tension to your training and ensure your shoulders are pulled back and your chest is out when standing normally.

2. Heavy Isn't Always Better

It might look impressive, but heavy weights won't necessarily get you the barrel chest you desire. Going too heavy can limit your range of motion, so it's sometimes better to drop the weight and feel the stretch. Performing some light, full-range-of-motion chest exercises is just what the doctor ordered.

3. Build Back and **Chest Together**

To keep yourself injury-free, it's important that your back and chest are equally strong. If you can pull it, you should be able to push the same amount (and vice versa). While we know for sure that you're training those pecs every Monday, don't let your back lag behind. Super-setting your back and chest exercises is a great way to ensure that your back keeps up the pace and you'll develop a footballer's physique in no time.





MEN'S MUSCLE & HEALTH | SEPT/OCT 2015 57



TIP: Maintain a strong, upright position at all times. Bending the torso at the lower back may cause injuries when the work is performed with weak posture.

Warm-up Row

SET-UP: Take a seat on the rower and adjust the straps firmly over your feet. Taking an overhand grip on the handle, push back with your legs and pull the handle towards your chest. Depending on the machine, this should activate the screen and you can begin to row.

ACTION: Sitting tall on the seat and rowing with your head up and eyes forward, reach forward with the handle to begin your stroke. As you push back with your legs, pull the handle in towards your navel. Continue in this rhythm until your time or metres are complete.

Single Arm Dumbbell Press

SET-UP: Using a Swiss ball, lie down so that your upper back, neck and head are firmly supported by the ball. Your legs are out in front creating a bridge with your body. Hold the

dumbbell at your shoulder, elbow in at the sides.

ACTION: From there, press the dumbbell up towards the ceiling. Do not lock out the elbow. Return the weight slowly back down to starting position.

TIP: While using a Swiss ball, it is essential to stay stable by keeping your hips high and maintaining a neutral spine.





Resistance Machine Chest Press

SET-UP: Set the handles of the cable machine to chest height. With an overhand grip on the handles and holding them just outside your chest, take a step forward to create a staggered stance. The cables should be taut.

ACTION: Push the handle straight out in front of you until your arms are fully extended (do not lock out the elbows). Pause at the height of the movement before controlling the weight back to the starting position.

TIP: Avoid arching your back by keeping your core locked on tight at all times throughout the movement.



A B

TIP: Keep your elbow in at your sides throughout the lift.

Single Arm Dumbbell Row

SET-UP: Using a flat bench, place one knee and the hand of your supporting arm on the bench - keeping the foot of your opposite leg straight. Using your free hand, hold the dumbbell at your side with your arm extended towards the floor.

ACTION: Slowly raise the dumbbell towards your ribs, or until your upper arm goes just beyond horizontal. Pause at the top and then return slowly back down to starting position.



Reverse Grip Pull-up

TARGETS: Upper and outer lats

SET-UP: Grab the overhead pull-up bar with a wide underhand grip (palms facing you). You should be hanging with your arms at full extension for the start of each rep (not pictured).

ACTION: Activating your lats, pull yourself up so that your chest touches the bar, keeping your lower body stationary throughout. You should feel a contraction in your back at the top of the move, and then slowly lower yourself back to starting position.

TIP: If bodyweight pull-ups are a struggle and you find your form suffering, substitute with assisted pull-ups to ensure you get the most out of the exercise.

Scan here for your behind-the-scenes video of this Back & Chest workout with Adam Blair!





TARGETS: Upper lats, rhomboids and middle traps

SET-UP: Standing with your feet shoulder width apart, grasp the bar with a wide overhand grip. Keeping your knees slightly bent, lean forward at your waist until your torso is roughly parallel to the floor. The barbell should be in front of your shins.

ACTION: Without raising your upper body, pull the bar up toward your abdomen. Bringing your elbows high and above your back, hold the bar in the peak contraction for a brief count, then slowly lower the bar to the starting position and repeat.

THAI SALMON SKEWERS

With Sweet Chilli And Lime Dip

Add a little sweet, spice and everything nice to your life with this delicious twist on a salmon dish.

INGREDIENTS

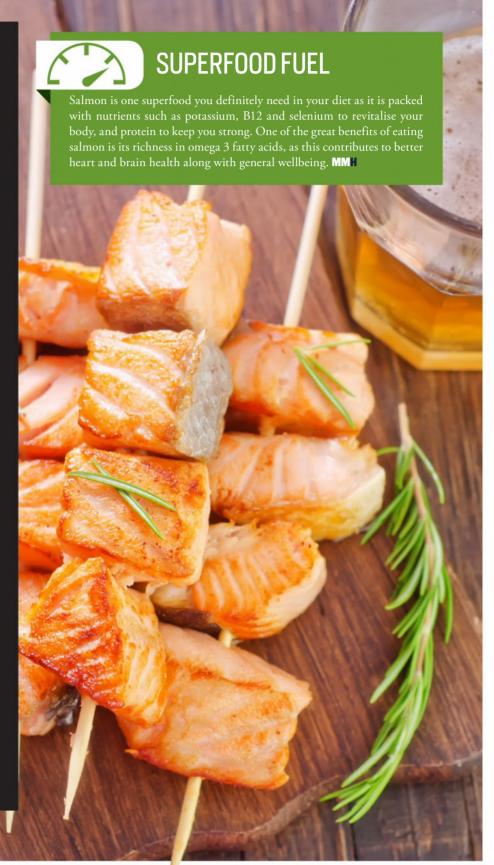
- 4 tablespoons sweet chilli sauce
- 1 lime (for juice)
- 4 x 140g skinless salmon fillet
- Coconut oil

INSTRUCTIONS

Combine the sweet chilli sauce and lime juice into two bowls one for serving, one for marinating. Cut salmon into large chunks and thread salmon onto four skewers. Brush the marinating sauce on the salmon and leave it to marinate for 20 minutes. Oil a pan and heat until hot. Shake off the excess marinade on the salmon skewers. Place skewers onto pan and cook for approximately eight minutes while turning the skewers when needed. Serve hot with the serving sauce.

NUTRIENTS PER SERVE (1 SKEWER):

Calories 291, Protein 28g, Fat 19g, Carbs 3g







When you first meet James Ellis, you can't help but feel like vou're catching up with an old friend. His laidback attitude immediately puts you at ease as he begins to talk confidently about his passion for health and fitness. This is a guy who has surely never had a problem with selfesteem. With biceps busting out of his fitted white T-shirt, he flashes a quick smile when asked about where it all began. The answer comes as a surprise.

"Being the scrawny crosscountry runner made me a target to get picked on and bullied all too often. I can think of several times when I'd be out putting in my miles for cross-country or track and these guys would get a good laugh out of pushing me into the pond," says James.

"All of this bullying killed my self-esteem and caused me to be the kid who walked with his head down in the hallways and had a lack faith in his ability to succeed in anything."

But with more than 50 magazine covers to his name (51 if you count this very issue of MMH), James is the one laughing now. His ripped physique has been an inspiration to thousands around the globe who want to take their fitness to the next level. So how did James go from skinny to Spartan? It all came down to some tough love from his mother.

"My mother told me that many of my teachers were laughing at the fact that I decided to go to college because they believed that I would flunk out in my first year. She told me to use their doubt to prove them wrong and fuel me towards success."

The conversation created a healthy anger within James that he said was only fuelled further by other people's doubts.

"Most people knew me as the scrawny kid and didn't believe that I would ever be able to put on any kind of training session," explains James.

"I also focus on a hypertrophy (bodybuilding) style of training, meaning I am focused on three sets of 12, 10, and eight reps, with a 60-90-second break between sets."

The 34-year-old fitness model believes his passion for health and fitness helped their confidence around and build the body of their dreams is to train smart and hard. James believes it's about quality sets and reps, rather than quantity.

"It's not a show of how much stupid weight you can push and show off to the girls, nor is it a time to stand/ sit around and talk/text while pushing a few pointless reps once in a while," he explains.

"When you get to the gym you are clocking in for an important session of health and fitness. Get a training partner and work your tail off the whole time you are in the gym. Leave your sweat, blood, and tears in the gym and go home knowing that you put 110 per cent into your gym sessions."

Throughout the conversation it's apparent that James has an unstoppable desire to help and motivate others to achieve their goals. When asked how he continues to keep this passion and drive alive after many years in the business, he simply answers that it is his faith that gets him through.

"Wanting to be the best I can be in Christ has always motivated me. I know that I'm not alone in this sport (now career) of weight training/fitness modelling as the Lord is always there to give me drive and motivation."

James will begin his church speaking tour before the end of this year and has several more shoots and fitness shows lined up including several high-profile campaigns for his sponsors. MMH

"IT'S NOT A SHOW OF HOW MUCH STUPID WEIGHT YOU CAN PUSH AND SHOW OFF TO THE GIRLS, NOR IS IT A TIME TO STAND AROUND AND TALK WHILE PUSHING A FEW POINTLESS REPS ONCE IN A WHILE..."

muscle. So, I started lifting with one of my roommates in my second year of college and within a year I was already proving those doubters wrong.'

He went on to win Mr Indiana State University and the Mr Wabash bodybuilding shows in 2005 and won the WBFF World Championship in 2011. James no longer competes, but is still disciplined and dedicated to being mentally, spiritually and physically fit. He also stays extremely specific when it comes to his weight training.

"I now break my daily training sessions down so that I'm only training one or two body parts per session. This gives me the time to really train every intricate part in the one- to two-hour restore his self-esteem and confidence and, as a result, he is now able to motivate. inspire and help others achieve a fit lifestyle too.

"I've learned that health and fitness is a marathon, not a sprint. This means two things to me: one, it takes quite a bit of time to get your body to where you truly want it, and two, you have to be in this thing of health and fitness for the long haul," says James.

"I will be 35 this summer and I know that it would already be very hard for me to continue to train if I wasn't eating healthy and training smart. Sticking in the 12, 10, 8 rep range is much better on my joints for longevity."

His advice to other guys out there wanting to turn





These exercises are to be done for 40 seconds as fast and hard as you can possibly go, then you take a 20-second break and move on to the next exercise, do that one hard and fast for 40 seconds and so on and so forth. If you should choose to do 10 minutes of HIIT cardio, you do each exercise again after you've finished the first round. If you're a beginner, you might switch up the interval times a little bit by going 20 seconds hard with a 40-second break or 30 seconds hard with a 30-second break. If you're more advanced, do 15-20 minutes of HIIT cardio, feel free to get creative and make up your own intense exercises to do too.

THE WORKOUT*

- 40 seconds HARD 'Fast Feet Bosu Ball Taps' 20 seconds rest
- 40 seconds HARD 'Alternating Single Leg Butt Kicks' 20 seconds rest
- 40 seconds HARD 'High Knees'
- 20 seconds rest
- 40 seconds HARD 'Fast (Jumping) Jacks'
- 20 seconds rest
- 40 seconds HARD 'Bosu Ball Side Jumps'
- 20 seconds rest

Repeat all

* I typically do this form of HIIT cardio every other day. On the off days I'll do speed walking on the treadmill or hiking. On my HIIT cardio days I sometimes do 10 minutes and other times I'll do 15 minutes.

FAST FEET BOSU BALL TAPS

Keep your chest up, leaning back slightly, pump your arms as you individually tap the Bosu ball back and forth with your toes as quickly as you can possibly go.



THERE ARE FIVE EXERCISES THAT I REALLY ENJOY DOING:

- 1. Fast Feet Bosu Ball Taps;
- 2. Alternating Single Leg Butt Kicks:
- 3. High Knees;
- 4. Fast (Jumping) Jacks;
- 5. Bosu Ball Side Jumps











BOSU BALL SIDE JUMPS

Keep your chest up, pump your arms, and jump side to side over the Bosu ball. If this feels too difficult or dangerous, you can remove the Bosu ball from the exercise and simply jump from side to side. Perform this exercise quickly while keeping good form to ensuring you don't trip!





PRO TIP: ET MEASURABLE GOALS

measurable and attainable These goals should include important because it will allow you to refer back to of results you are getting also recommend that you

started and the body that you will never go back to. Furthermore, rip a picture out of a fitness magazine of Now, write down your plan

ALTERNATING SINGLE LEG BUTT KICKS

Lean your chest slightly forward, pump the arms and kick your legs back individually so they nearly touch your glutes. Perform this exercise as fast as you can.

OUICK OUESTIONS WITH JAMES ELLIS

What is your favourite food to indulge in?

My favourite entrée would be a pepperoni, pineapple and bacon stuffed crust pizza. My favourite dessert would be key lime cheesecake. I try to give myself one or two cheat meals per week if I don't have a fitness shoot coming up!

What is your favourite body part to train and why?

My favourite body part to train is definitely shoulders. I feel I am lacking in that area the most so it makes me all the more excited to train them.

What is your least favourite body part to train and

My least favourite body part to train is probably legs, but not because I am a wimp that doesn't train legs, rather because I have trouble walking for several days afterwards.



HIGH KNEES

Keep your chest up, leaning back slightly, pump your arms, and individually bring the knees up high in front of you. Alternate your legs as fast as you can, ensuring you reach hip height or above for each rep.





FAST (JUMPING) JACKS

Perform them exactly as they are named - fast. It's like a jumping jack, but you are taking the slow and high jump out of the equation and focusing more on the speed.









FOR MEN WHO WANT TO LOOK AND PERFORM AT THEIR PEAK

SO YOU WANT TO BE A

WHAT ARE WE LOOKING FOR? FIT, CONFIDENT STRONG

MEET OUR COVER MODEL WINNER



FUEL UP ON THE GO

THE SEARCH FOR THE ULTIMATE MMH MAN IS ON! DO YOU FIT THE BILL?

Turn to page 54 for details





HERE'S SOME OF OUR ENTRIES SO FAR











DON'T MAJOR IN THE MINORS

Are you busy perfecting the fine details of your nutrition and training at the expense of the bigger picture?

WORDS Rob Jackson



PART 1: NUTRITION

In the search for health and fitness, we often find ourselves looking for anything that may give us the 'edge'.

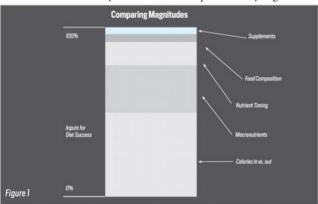
Whether improved aerobic capacity, more defined abs or a new deadlift max, most serious trainers will spend time, money and effort searching for the shortcut to their ultimate goal.

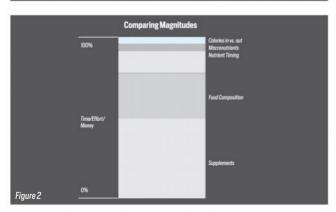
Whilst it's great to push the limits, many trainers spend so much energy trying to perfect the "one per centers" that they lose touch with the basic 30-50 per centers. This is referred to as 'Majoring in the Minors' - perfecting the fine details at the expense of the bigger picture.

NUTRITION

"What supplements are you taking?" is usually one of the first questions asked whenever there is a nutrition discussion. However, you rarely hear the question: "how many calories are you consuming per day?"

Dr. Mike Israetel (PhD in Sport Physiology and professor of Exercise Science at the University of Central Missouri) looked at the variables within nutritional plans and highlighted where the greatest results can be seen (Figure 1). Yet when we look at most trainers, their time/effort/money invested is best represented by Figure 2.





Breaking Figure 1 down further, Dr Israetel proposes that:

Calories in vs out. ~50% of your success will come from your total caloric balance. Simply stated, if trying to add muscle, you must have surplus calories; and if trying to cut fat you must have a calorie deficit.

This is such a basic tenant of exercise and metabolism - yet how many people accurately track their daily/weekly calorie intake? There are literally hundreds of free apps available now that will allow you to easily input your foods and provide accurate calorie totals. This is your first point of call regardless of your goal – if you don't know how many calories you consume, you're missing the biggest key to nutritional success.

Macronutrients: Roughly 30 per cent of your success will come from how you manipulate your macronutrients – Protein/ Carbs/Fats. This means that once energy balance has been sorted, your next biggest gains will come from how those calories are divided between P/C/F. This will vary between different nutritional plans but once again, if you don't track them, how do you know if you are consuming P30/C20/F50 or P50/C30/F20?? The best thing is, the same app you're calculating calories will usually give you macro breakdowns as well.

80 PER CENT OF OUR NUTRITIONAL SUCCESS CAN BE ATTRIBUTED TO SIMPLY MONITORING OUR TOTAL CALORIE INTAKE AND ENSURING THOSE CALORIES FIT WITHIN OUR SPECIFIC MACRO PROFILE – ALL OF WHICH CAN BE TRACKED WITH FREE, EASY TO USE APPS.

Nutrient Timing: How you spread out your meals each day (3 large v 6 small) and their specific timing (pre/peri/post-workout, am v pm etc) will give you about 10 per cent of your results.

Food Composition: Refers to choices such as whether your chicken is organic or not, the glycemic index of your carbs or if your vegetables are freshly picked or come out of a tin/freezer. The 'quality' of the foods we consume is only worth about 5per cent of our outcome.

Many people stress about purchasing only organic free range options and fresh produce when (apart from ethical concerns) there is very little nutritional difference and minimal impact on overall dietary success.

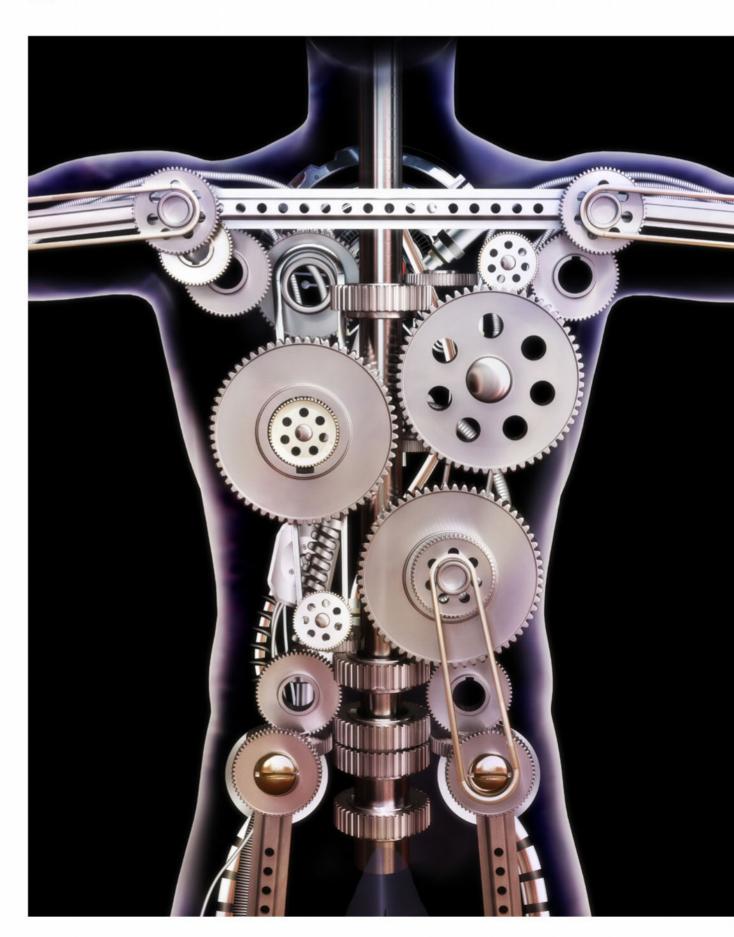
Supplements: Powders, pills and potions are likely only giving you approximately five per cent. Sure, protein powders can play an essential part in fulfilling your macros but it's unlikely the 2g of BCAA is giving you a massive boost in performance.

Many trainers have perfectly measured doses of supplement powders and certified-organic-steel-cut-oats consumed within a specific PWO window... yet don't know the total number of calories or macros (P/C/F) they are consuming each day.

This is a perfect example of 'majoring in the minors' – spending lots of time/effort/money on areas that provide minor improvement rather than on those areas that create major change.

For 80 per cent of your greatest nutritional gains, simply track and adjust your total calories and macros (P/C/F) to fit your nutritional plan. Ask yourself: are you ticking off 1%ers or are you simply majoring in the minors?





PART 2: TRAINING

Pareto's Principle states that 80 per cent of our results come from 20 per cent of our causes and in part 1 we displayed this idea in relation to nutrition. We will now apply this same concept of 'magnitude' to our training in order to direct where we should be focusing our time/effort/money to avoid 'Majoring in the Minors'.

Should you train the whole body for 60 minutes three times per week? Or do a 30-minute body part split six times per week? Should you use a barbell and Olympic lifting shoes or go barefoot and use only bodyweight? There are so many training variables that it is easy to get caught up in the fine detail and therefore end up majoring in the minors.

Carrying on from Dr Israetel's work, I propose the following 'Input for Training Success'.

Total Training Volume: this refers to the total amount of work completed for a given period (let's consider a week). This could be measured in kilograms, kilometres, hours etc. There is a minimum threshold of volume that needs to be crossed before any gains in performance can be realised and this will vary between goals (strength v aerobic capacity) and individuals.

This doesn't always mean more is better. Refining and controlling total volume may improve results. For example, if you're struggling to gain lean muscle, perhaps cut back the extra hours of running, basketball and spin classes to focus purely on lifting.

That said, you can't expect to improve aerobic capacity from a 10-minute walk once a week any more than lifting 10kg per week is going to make you 'jacked'. Total work matters and you should be monitoring 'Total load'. For example, lifters may record sets x reps x weight = tonnage.

Frequency and intensity: how many sessions per week and what intensity you train at should be adjusted to suit your goal. For example, three 30-minute sessions of varied high-intensity sprints will achieve very different training outcomes than just one 90-minute slow jog (they are the same total

training volume), just as one 100kg squat will yield very different results to 10 x 10kg squats.

It's important to recognise that intensity is inversely proportional to duration, so the longer the session goes the lower intensity of training. This is why you'll often see people completing compound movements such as squats and deadlifts before accessory lifts such as leg curls and lunges.

Modality: free weights or machines for strength? Run on a treadmill or run outdoors for cardio? Rowing machine or spin class for burning calories? It's easy to endlessly debate the merits of one over the other when both are likely to be fine and provide variety itself to maintain interest. Bike sprints have increased leg mass and squats have been used to shed body fat... there are many tools for the job.

Technology and Gadgets: there is no shortage of gadgets to record, track and display every parameter of your training. These can often be a distraction from the training itself and do little to enhance performance in the grand scheme of things. Unfortunately, this is an area that people are investing a lot more of their time/effort/money as new products are released every week.

SUMMARY

Determine the total amount of training time you have available per week and training frequency (for example: two x 60-minute sessions v three x 40 minutes per week). Understand that the longer the session, the lower the intensity so schedule your most demanding activities earlier in the session.

Vary the equipment you use to suit your goal but don't limit your thinking to believe that there is only one tool for a given job. At the end of the day, it's not about your outfit, your protein shaker or that slick app... it's the weights you move, kilometres you run and the sweat you create which will show results. MMH



ABOUT THE AUTHOR

Rob Jackson is a Strength & Conditioning coach with over 20 years' experience in health, fitness and high performance. Specialising in elite performance, Rob has a track record of success in both NRL and AFL with the Melbourne Storm NRL and St Kilda AFL clubs. He is currently the Strength & Conditioning Manager at Melbourne Football Club and also creates and implements customised high-performance gym facilities around Australia.

www.robjackson.com.au | www.isowheysports.com.au





BAD INTENTIONS

EXPLOSIVE POWER AND PERFORMANCE TRAINING

Train your fast twitch muscle fibres and turn your body into a more explosive, agile and stronger machine.

ATHLETE Shannon Bond | IMAGES Dallas Olsen | LOCATION World Gym Burleigh

Nothing worth having in life will ever come to you without a fight.

Be it a high-paying job, running a successful business, becoming a famous rock star or whatever it is you desire the most, I can guarantee you this.... you're going to have to fight for it with everything you have. The second you start to lose focus and fall off track, there will be 100 other guys out there working twice as hard, ready to take your place. You need to be hungry and ready to open the door when opportunity comes knocking, otherwise you could miss

out forever. This workout will make sure you are both physically and mentally equipped to take on any challenges in life which threaten to slow down your progress on the road to greatness.

The purpose of this full body workout is to train the fast twitch muscles fibres to fire off faster, thus turning your body into a more explosive, agile and stronger machine. It will also help to build an extremely strong core and incinerate fat.

When it comes to training for explosive power, you must train with

bad intentions. Now I don't mean go out and intentionally hurt yourself. What I mean is every rep and exercise must be performed with maximum explosive effort. For example, when performing the sledgehammer tyre slams, your intention should be to slam the tyre as hard as possible and as fast as possible (safely), every single rep. I recommend performing this workout 1-2 times per week for six weeks, in addition to your regular training routine.

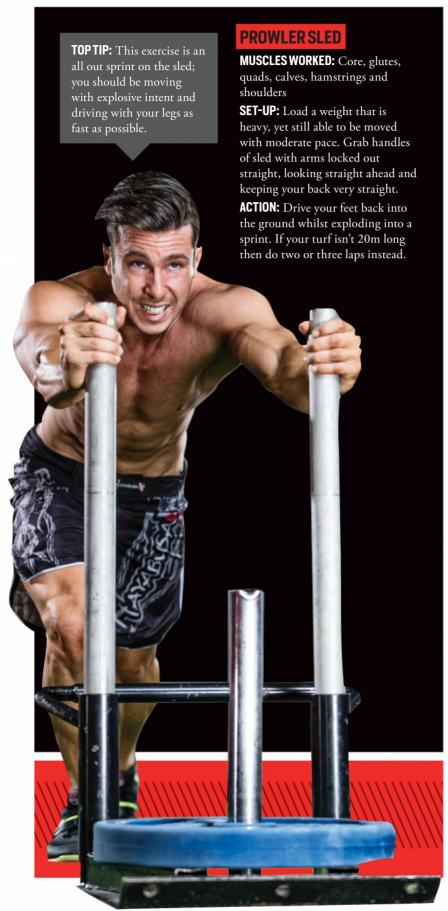
Good luck!

1E WORKOUT

Notes: Superset exercises marked with A and B

			••••••	***
ΧŁ	RCISE	SETS	REPS/TIME/DISTANCE	
	Prowler Sled (A)	2	20m sprint	
	Weighted Box Jumps (B)	2	5 reps	TURN PAGE FOR
	Log Clean and Press	3	8-10 reps	WORKOUT///
	Sledgehammer Tyre Slams (A)	2	15 sec each side	
	Farmers Carry (B)	2	30 sec	
	Battle Ropes	10	20 sec on, 20 sec off	
	Sprint	10	70m max intensity	









TOP TIP: Don't squat too deep when box jumping as the deeper the squat, the more explosive power you lose on the way up due to a slower stretch reflex.

WEIGHTED BOX JUMPS

MUSCLES WORKED: Hamstrings, calves, core, quads and shoulders

SET-UP: Use very light weights if needed and practise without weights first before attempting. Choose a solid box or stable bench at a height you could normally jump moderately easy if fresh and not fatigued.

ACTION: Hold dumbbells in each hand, quarter squat fast then explode up driving your knees towards your chest until your feet land firmly on the box or platform. Stand up straight and then step down from the box one foot at a time and repeat.



LOG CLEAN AND PRESS

MUSCLES WORKED: Core, quads, hamstrings, gluteus, back, biceps, triceps, shoulders, chest and traps

SET-UP: Grip the handles inside the log and get into deadlift position keeping your core strong and back straight as possible. Be careful if it is your first time using the log. If you don't have a log, use a barbell.

ACTION: Pull the log from the ground up to your waist. Explode the hips forward and drive the log up to your chest. Catch the log on your chest then press the log overhead until your arms lockout. Keep your chest arched up and core strong the entire time. Use your legs to help lift log if necessary.





TOPTIP: Keep your back arched and chest up when performing the press movement, don't go too heavy and focus on explosive power.





FARMERS CARRY

MUSCLES WORKED: Traps, upper back, core, forearms, quads, calves, biceps and shoulders

SET-UP: Grip the handles and get into deadlift position. Keep your back straight and head neutral during the action.

ACTION: Drive through your heels and lift up the weight. Walk fast, leaning slightly forward and taking short steps. Don't forget to breathe.







WEAK POINT TRAINING: **SHOULDERS**

Discover how muscle imbalances occur and what you can do to correct them using our weak point training system.

WORDS Regie Simmons

It started slowly.

First, it was a discomfort you noticed after your shoulder workout. Like most athletes you chalked it up to going H.A.M. in the gym. No pain, no gain, right? After a few weeks, that discomfort grew into something more, so you applied a little Deep Heat thinking things would be better soon. Generally speaking, you're always sore for a few days after a killer workout... DOMS, baby!

After a few weeks, things didn't seem to be getting better, so you swung by the local sporting goods store to purchase a shoulder brace and an ice pack. Certainly, supportive care and a few days off was the answer.

Several months have passed and the dull pains have now turned into shooting pain when conducting routine activities like putting on your seatbelt, giving a teammate a high-five, or tossing a ball with a friend. Maybe you've even gone to see a doctor for X-rays, only to be told that your shoulders look healthy. If that's the case, why are you still in pain?

Great question. And, the answer might be that you have a muscle imbalance.

MUSCLE IMBALANCES

A muscle imbalance occurs when an overused/overdeveloped muscle exerts tension on a joint that is supported by a weaker opposing muscle. This increased tension pulls the joint out of alignment, causing pain and discomfort. This misalignment isn't something that will show up on X-rays, but it is definitely noticeable to anyone who has ever had a significant one.

The human body is all about balance, so any repetitive movement that results in an overdeveloped muscle or muscle group has the potential to create muscle imbalances. Just to set the record straight, everyone has muscle imbalances. If you pick up your toddler with the same arm every time, brush your teeth with same hand or jump off the same foot, you are creating muscle imbalances through repetition. For the recreational weightlifter however, muscle imbalances can lead to constant pain, sleepless nights, wasted training, and also injury.

Two separate studies published in the Journal of Strength & Conditioning Research demonstrated that recreational weightlifters are "predisposed to mobility imbalances as a result of training."

These studies included

almost 200 male and female lifters and non-lifters, and specifically examined the muscles of the shoulder joint.

Certainly, I am not suggesting that weightlifters are more prone to muscle imbalances than the average person, but I am suggesting that they engage in repetitive movements that are designed to stimulate muscle growth. And, let's face it: there are some muscles and muscle groups that get all the attention during training sessions. These three things - repetition, increased muscle strength, and a concentrated focus - create a perfect storm that sets the athlete up for imbalances and injury.

SHOULDERS: A COMMON SITE OF MUSCLE IMBALANCE

The shoulder joint is the most versatile in the body and is recognised for its ability to perform a wide range of motions. A healthy shoulder is capable of flexion, extension, hyperextension, abduction, adduction, medial rotation, lateral rotation, and circumduction. The problem with such a mobile and versatile joint, however, is that it's prone to overuse and damage. The shoulder lacks bony and ligamentous structures which provide support and stability to other joints of the body.

According to a paper published in the journal American Family Physician, athletes in particular are susceptible to certain acute shoulder injuries. Three of the most common soft tissue injuries - dislocation, sprain, and rotator cuff tears - are most often seen in athletes and other active individuals.



CORRECTING MUSCLE IMBALANCES

Of course, the best way to correct a muscle imbalance is to prevent it from occurring. In the event that you already have a muscle imbalance, don't fret because this might actually turn out to be a good thing for your physique. Muscle imbalances occur because of a concentrated focus on exercises that target specific muscles. The process to correct a muscle imbalance requires that you focus on those muscles which are underdeveloped, in an effort to balance them against the overdeveloped muscles. By prioritising these underdeveloped muscles and muscle groups, you will actually improve your symmetry and athletic performance.

Here are a few steps that you can follow to correct a muscle imbalance:

- Step one: Identify the imbalance
- Step two: Create a workout plan that targets the underdeveloped muscles
- Step three: Prioritise weak muscles first in your workout
- Step four: Be patient

As we've already discussed, the shoulder is a common site of muscle imbalance, so let's concentrate our focus there.

The shoulder is comprised of several independent muscles, but for the purposes of training let's think of them as three distinct muscles; namely the anterior, lateral and posterior deltoids. When training shoulders it's important to target each of these muscles with specific exercises to stimulate muscle growth. By targeting each muscle, you'll also prevent muscle imbalance which can lead to shoulder pain and discomfort.

WEAK POINT WORKOUT

The anterior or front deltoids tend to be overdeveloped in most people from years of direct and indirect training. Not only is the front deltoid typically prioritised during shoulder training, it is also indirectly involved in other upper body exercises, including those targeting the chest and back. The direct/indirect training of the front deltoids is often the root cause of muscle imbalances and shoulder-related issues because the other heads of the shoulder are underdeveloped and are unable to resist the tension created by the anterior deltoid. For this reason, this workout will prioritise the posterior and lateral deltoids as they tend to be generally underdeveloped.

EXERCISE	SETS	REPS
Rear Deltoid Cable Flyes	4	12
Incline Bench Rear Deltoid Row	4	12
Lying Upright Row (Superset A)	4	10
Standing Upright (Superset B)	4	10
Lateral Dumbbell Raise	4	10
Standing Barbell Shoulder Press	4	10
Arnold Press	4	10

This workout is designed to stimulate muscle growth in the three heads of the shoulder with a priority on the posterior and lateral deltoids. Depending upon your type of muscle imbalance, you can rearrange the exercises to target the least developed to the most developed muscle. This prioritisation of weaker muscle groups can actually work for just about any underdeveloped muscle group that you wish to target. **MMH**



Journal of Strength & Conditioning Research, January 2009, Vol. 23, Issue 1, pp. 148-157

Journal of Strength & Conditioning Research, January 2011, Vol. 25, Issue 1, pp. 231-241

Journal of Strength & Conditioning Research, November 2007



ABOUT THE AUTHOR

Regie Simmons is an IFBB pro, certified personal trainer and working professional. His fitness-related mission is to help people reach a new level of fitness through sensible dieting and exercise. He has authored several eBooks and penned dozens of articles for magazines around the world. Regie has a BA from Howard University and an MBA from Saint Joseph's University. He resides in San Francisco, California, USA and is co-owner of www.FitBodiez.com.



GREG PLITT ON CARDIO

"I don't do standard cardio. The cardio I do is in the form of lifting where I will come back to the gym and repeat the workout I did that morning, but instead of doing the workout for size and strength, I do it for endurance and aerobic conditioning. I do this by a circuit-based workout with high reps, low weight and minimal rest periods. For the morning workouts, I will do four sets of an exercise while increasing the weight per set and decreasing the reps (12, 10, 8, 6 etc) before moving on to the second exercise. I will do anywhere from 6-10 exercises per body part with about two minutes rest between sets.

When I come back for a cardio workout that evening, I will do the same muscle group workout, but instead of four sets per exercise I will do one set of that exercise and then move to exercises two and so on, and then repeat the circuit for three to four rounds. My reps are in the ballpark of 25-30 and my only rest is travel time to the next exercise. This way I elevate my heart rate for a prolonged period of time, which is the ultimate fat burner, while building second and third-tier muscle groups and endurance which helps the striations. If I am looking to improve my aerobic conditioning, I will do HIIT for 20 minutes like hill sprints, swimming fast laps or CrossFit. My favourite form of cardio is swimming by far."

A life lived... a legacy earned, for more visit gregplitt.com

#beremembered











by launching the world's first commercially operated bungee jumping site, off the historic Kawarau Bridge in Queenstown. Since then AJ Hackett Bungy NZ has become an established world leader in the tourism industry.

Recognised for an innovative, and "outside the square" style, AJ Hackett Bungy is continually looking towards new ventures and 134m drop and 8.5 seconds of freefall the ground rush is like no other. Facing your fears by standing on the edge may be the greatest personal challenge of your life. Getting there requires a 40-minute drive including 4WD through a high country sheep station, followed by a breathtaking ride out to the 'Bungy Pod' in a cable car. It is the ultimate adrenaline experience.

alone or with a friend, you will be suspended high above the valley floor and be released! Experience a massive rush of adrenaline as you find yourself accelerating through the valley at mind blowing speeds in a 300m arc! Guaranteed to blow you away!

bungy.co.nz





FLYBOARDING

Flyboard is an amphibious water-powered jet pack that propels the boarder up to 9 metres in the air!

Flyboard riders stand on a board connected by a long hose to a watercraft, usually a jetski. Water is forced under pressure to a pair of boots with jet nozzles underneath, which provide thrust for the rider to fly up to 15 metres in the air or to dive headlong through the water.

Having an extreme sport that takes only 20 minutes to grasp means it works intuitively with your body, allowing you to move freely and glide through the water to maximise its potential in a short amount of time. Go Flyboard provide this experience in the summer months in Port Melbourne and Fremantle for anyone that is keen to give it a go. This will be an experience you'll never forget.

For more information visit: goflyboard.com.au







With locations in the Gold Coast and Sydney, Off Road Rush is the only driving experience in Australia to offer you a fully race-prepped V8 Buggy for you to drive. Equipped with Lexus V8 Engines, these machines are the ultimate in offroad racing and there are

a variety of packages to choose from. Off Road Rush also offer WRX Subaru Rally Cars for you to drive as well, or you can experience the thrill of the two different types of vehicles. Off Road Rush has the best instructors in the business and will help you get the most out

of your adrenaline-fuelled driving experience.

Now in its 15th year of operation, Off Road Rush has been able to introduce thousands of people to the world of off-road racing. Off Road Rush is owned and operated by Australian Baja 1000 Racer Chris

Western. In 2014 Chris became the first Australian to race and finish the Baja 1000 (just over 2000km) as a Solo Driver, earning him 'ironman' status.

For more information visit:

offroadrush.com.au



TANDEM SKYDIVING

Tandem skydiving is something everyone should try at least once in their life! A tandem skydive is the ultimate way to experience all the thrills of skydiving with the comfort of having a highly experienced, qualified instructor securely attached to you who will guide you through your entire skydive. It is the ultimate opportunity to experience the freedom and exhilaration of the fastest human-powered sport on earth.

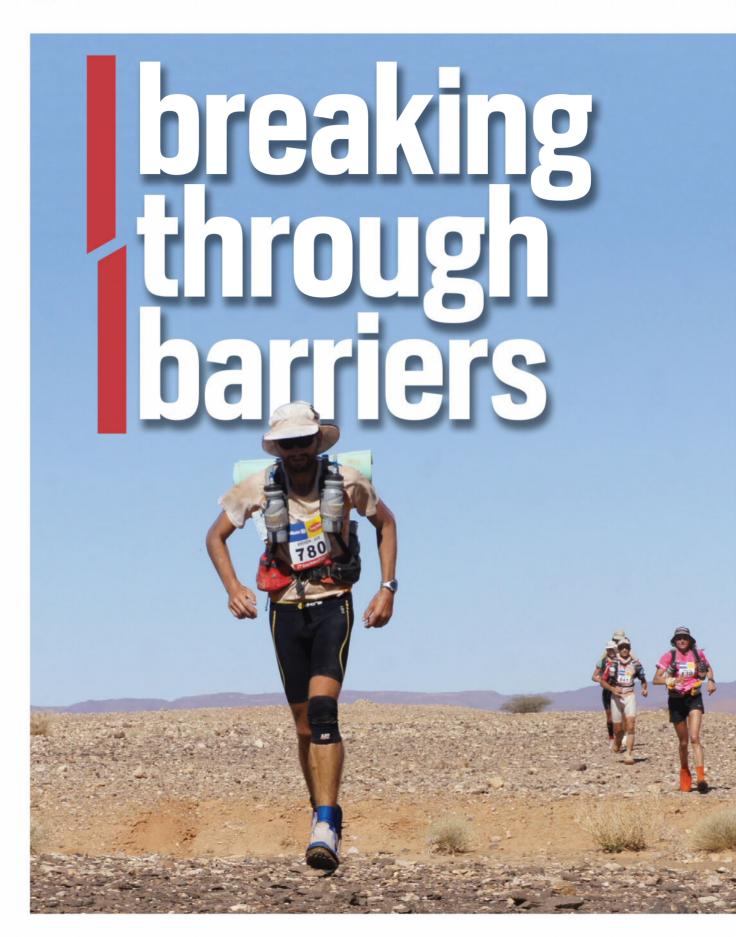
Your adventure will begin with a safety briefing followed by a scenic plane ride to height. As the excitement builds, your expert instructor will prepare you for the countdown and together you will make the ultimate jump. For one long minute you're wrapped in the widest blue yonder you'll ever know. Strapped safely to your instructor, you'll free-fall from up to 14,000 feet for up to an insane 60 seconds, then float back to earth under canopy while soaking up the

spectacular views Skydive Australia and Skydive the Beach and Beyond's locations have to offer. From a beach landing in Mission Beach QLD, to a spectacular marina in St Kilda VIC, or beautiful coastal views of Sydney-Wollongong NSW, Skydive Australia have drop zones all around the country, so you'll be freefalling on no time.

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The Great Wall of China Marathon is no mere world wonder. It is the destination that calls to all hardcore marathon runners as they challenge themselves against undulating terrain, inconsistent steps and a gruelling, uphill component that tests the fittest of athletes. Former Great Wall marathon winner Andrew Terlich speaks with Jonathan Jackson about preparing for the Great Wall Marathon, training for the Marathon de Sable and how he created his own nutrition bars as a consequence of poor race sustenance.

WORDS Jonathan Jackson



EACH YEAR OVER FOUR MILLION PEOPLE TRAVEL TO THE GREAT WALL OF CHINA AS TOURISTS. THEY STAND AT THE TOP OF THE STEPS AND LOOK OUT OVER THE **SMALL VILLAGES BELOW, BREATHING** IN THE FRESH AIR AND SNAPSHOTTING A MEMORY THAT LASTS A LIFETIME.

Each year again, but on one particular day, 50-100 keen runners ascend to the Wall to test their mettle against the energy-demanding but life-affirming climb that makes up the Great Wall of China marathon - one of two separately held races on the Wall that pins man against nature.

This marathon is not for the faint-hearted; the climb up the wall, which makes up the majority of the run, is a head-pounding struggle as the steps vary, continuously breaking your rhythm. The very nature of this marathon makes it a difficult event to train for, however 2010 winner Andrew Terlich knows better.

"I undertook a fairly standard marathon training plan for the Great Wall," Andrew says. He did, however, ensure that he integrated stair training into his regime.

"The main feature of this race was the incredible number of stairs on the course and the endlessly undulating terrain. I lived in Hong Kong at the time, which has a fantastic trail network throughout the national parks. Given how hilly Hong Kong is, these trails also have a lot of stairs, so I took advantage of that and ran the routes with stairs to build up strength."

Andrew devised a four-month training strategy that built up to approximately 110km per week, one month out from the race. Though this isn't a heavy training load compared to what many other ultrarunners undertake, it is an approach that Andrew savs works for him.

"I've found heavier training loads have led to injury when I've tried that in the past," he says.

Clearly his regime worked, although Andrew admits to being a little shocked when he won the race.

"I led the race from the 10km mark. The course had some switchbacks so I had the opportunity throughout the race to see the nearest competitors. I realised as the race progressed that I was continuing to build my lead. Entering the last 10km of the race, it was very hot and I was fatigued from all the stairs, so my legs were starting to cramp."



It was at that point that Andrew ran past Tara and Tallinn (his wife and eldest son), which gave him the mental boost he needed.

"This helped me push hard towards the finish line, which I felt I needed to do as I was expecting to be challenged by other runners. The challenge didn't come and I hobbled over the line with cramp, but with plenty of time to spare."

It was a magnificent achievement but Andrew managed to top this in 2012, when he placed 32nd in the prestigious Marathon des Sables in the Moroccan Sahara Desert. This event has been labelled one of the world's toughest endurance races.

"It's 50 degrees during the day and five degrees at night," Andrew says. "You carry all your own food and bedding for a week and with a full load of water, my backpack weighed almost 10kg. You run on rocks

ABOUT A MINUTE AFTER I CROSSED THE LINE, THE ENORMITY OF WHAT I HAD ACHIEVED HIT ME. A FLOOD OF EMOTIONS CAME TO ME AND I SIMPLY FELL TO THE GROUND AND STARTED SOBBING.

and sand (knee deep at times), and in some years, through water as well. On average, you end up running six marathons in seven days."

This race is not just an extreme physical challenge; the mental challenge is extreme as well.

"I describe the event as an exercise in controlled starvation. As it's a selfsufficient event, you want to carry as little as possible. In relation to food, it's a balancing act between having enough food to replenish your energy reserves, while at the same time not overloading your backpack. I took just 2300 calories per day, which meant a significant shortfall. I ended up losing about five kilos over the seven-day event."

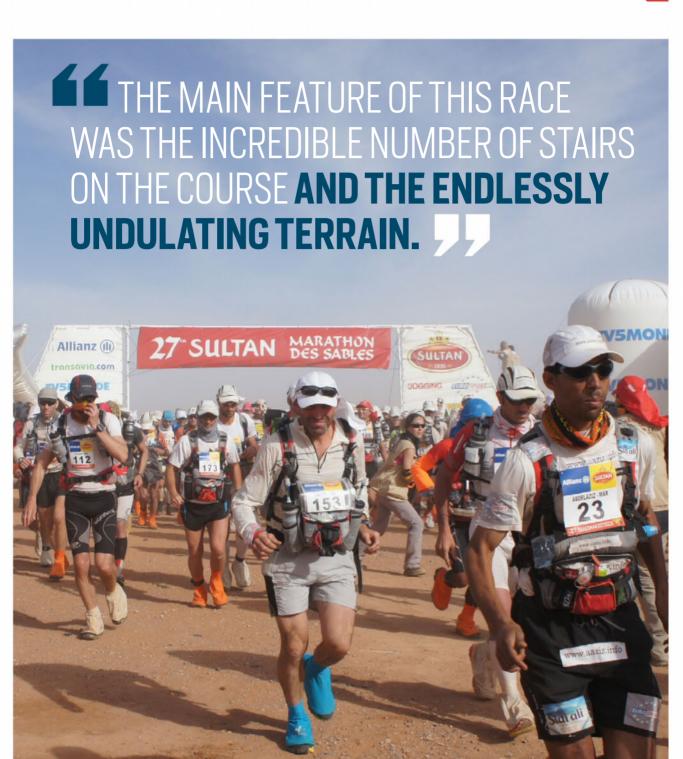
"Sleep was also difficult in the night-time cold of the desert and on a very thin sleeping mat. Dehydration, fatigue and injury were big concerns as the race progressed. I could go on and on, needless to say, this was the toughest thing I have ever done!"

To prepare for a race like this requires the usual

kilometres in the legs, but also a different approach to cope with the weight that you have to drag around. Instead of having a long run once a week, Andrew devised a threeday block where he would run 90km: 25km, 35km, 30km over consecutive days. To prepare for the extra weight, half of his training runs were conducted by carrying a pack weighed down with bags of sugar and flour. Then there is the sand and heat to consider.

"I'm lucky that I live near the beach. I did a number of training runs on the sand that helped me hone my sandrunning technique. Living in Australia was beneficial; as my training was done during our summer (the race is in April). When possible, I would run in the middle of the day to acclimatise to the heat. This was a problem for a huge number of other competitors, as there were hundreds from







France, the UK and the US that had to train during their winters.

"Other than that, there was a lot of planning around the contents of my pack. I spent a lot of time working through my nutrition plan, how I would maximise the energy content of my food whilst minimising the weight. Superfluous tags, clips and straps were cut from my backpack. This saved about 200g, which makes a difference over 250km; saving weight became a sport in itself. There was a debate in our tent about the merits of a toothbrush, whether one needed a complete toothbrush, half a toothbrush, or none at all!"

The penultimate stage of the race is a 42km marathon, followed by a final 17km dash across Morocco's highest sand dunes to finish. Subconsciously Andrew had seen the 42km stage as the finish of the race.

"Completing that stage would mean I had covered around 230km, so 17km on the final day was a morning stroll in comparison. In previous days I had paced myself to ensure I was in reasonable condition for the next day's run. But on stage five I threw every last ounce of energy at it and I was utterly exhausted when I crossed the line that day. About a minute after I crossed the line, the enormity of what I had achieved hit me. A flood of emotions came to me and I simply

fell to the ground and started sobbing. Six months of dedication, planning and training had led to this moment in time where I had achieved beyond what I had hoped to do."

The final 17km on the last day of the race was more of a celebration for Andrew. His wife Tara was waiting at the finish so he was able to share the moment. He also had a little more time to reflect on the next phase of his life, which was to leave behind the corporate finance world and start his own nutrition company based on the realisation that the nutrition of the energy bars marathon runners carry with them, isn't overly nutritious at all.

On the back of this revelation, Andrew founded At One Foods under the premise of creating a product made with the right combination of all-natural ingredients. Through his own company Andrew has now changed his nutrition focus when he races. And he needs all the edge he can get as running his own business whilst maintaining his love for competition can be a precarious balancing act.

"I train as much as I can, but I really don't manage to get in as much as I would like; nobody toes the start line thinking their training has been perfect anyway! Early mornings and night runs are common. I have a very understanding family. On a recovery or cross-training day I might go riding with Tara and the kids.

When I'm not training or working I make sure that family time is just that, I'm fully committed to the thing that I'm doing at the time. Being a business owner adds another dimension, as you can essentially be at work 24/7. But quality of life is important to us and sometimes you've just got to prioritise effectively and that means that some things just have to wait."

After taking a break from training and competing over the past five months, Andrew has lined up a busy racing period for the back half of 2015. This includes the new Skyrunning series starting up in Australia and New Zealand, which is a series of 20-80km races through some very steep and challenging terrain. He is looking at running one of these races before attacking the Blackall 100 in October, with the possibility of another 100km race this year as well.

Of those gruelling, but spectacular races such as The Great Wall of China Marathon and Marathon des Sables, the Tarawera Ultra in New Zealand is on Andrew's hit list, as well as the Cradle Mountain run in Tasmania.

"Both of these races have incredible scenery and are in special places. This has always been important to me and is why I run on the trails rather than the road. It's good for the soul," Andrew says. MMH



INCREASE

INCLINE REVERSE FLYE

TARGET: Shoulders SET-UP: Lie chest-down on an incline bench,

with your arms hanging straight down. Hold a pair of dumbbells horizontally in each hand, palms facing each other.

ACTION: Without contracting your lats or traps, keep your arms straight as you raise the dumbbells out to the sides by contracting your deltoids. When the dumbbells are at shoulder level, pronate them for a peak contraction in the posterior delt heads. Resist on the descent.



When creating the perfect running program it's not as simple as just throwing on your running shoes and hitting the pavement.

Once you have established your fitness level, established your strengths/weaknesses and pre-screened/ treated any conditions or injuries, it's time to set your performance goals and develop your specific training program. When creating a running program it is crucial to focus on the following areas to maximise race day and training performance:

- Technique
- Stability and core
- Muscular and cardiovascular endurance
- Race pace and speed development
- Strength/power
- Flexibility
- Rest and recovery

Technique

Perform at the start of every running session.

Technique drills are the cornerstone of any good running program. They should be performed as part of the warm-up to reinforce good technique in the ensuing training session or race. Running drills maximise efficiency during running, increase speed or pace and reduce the risk of many common running injuries. They should focus on posture/ alignment, foot striking, stride recovery and muscle activation.



Stability and Core

Perform at least twice a week.

When running we are only ever contacting the ground with one foot at a time. This means that your ankle, knee and hips' stability play a significant role in stride efficiency and injury prevention. Poor hip stability or gluteal function results in internal rotation of the femur (thigh bone), causing knees to point inwards and our arches to collapse (over pronation). These two errors in biomechanics result in an increase in stress on the muscles and ligaments around the knee and ankle, in time this leads to patellofemoral dysfunction (runners knee), plantar fasciitis, shin splints and increased chance of calf strains to name a

few. Additionally it will increase your contact time with the ground, resulting in a reduced running pace. Gluteal strengthening and single-leg exercises should be completed to stabilise your hips and knees.

Core strength and endurance is vital in counteracting the rotational force of running and posture maintenance during longer races. Rotational and counter-rotational exercises should be performed to enhance running power and protect against injury. Core stability, posture and foundation exercises are the building blocks of any strength and conditioning program from distance running to powerlifting.

Muscular and Cardiovascular **Endurance**

Perform 2-3 of these sessions per week.

The best way to develop your runningspecific muscular and cardiovascular endurance is through Long Slow Distance (LSD) training and tempo training. This is what most people do when training for a running event. For beginners, distance should be slowly built up with good technique at the foundation of the program and tempo runs, where technique is likely to be compromised during fatigue, kept short. LSD training is exactly what it sounds like, it's all about building your kilometres with good technique to prepare you for distance events, and the focus is on technique rather than pace. Tempo training involves running at a pace slightly faster than the pace required to achieve your goal time and is completed over a shorter distance than your race. These sessions are often combined, for example: completing a 15-20km run with the last 5km at race pace or faster.

Race Pace and Speed Development

Perform one interval session per week; advanced runners perform an additional repetition session.

Developing anaerobic capacity is a commonly overlooked aspect of running training, as most people just try to run faster for increasingly longer distances. The most effective way to increase your race pace (running pace) and beat your PB (personal best) is to implement interval and repetition training into your program.

Interval training involves completing highintensity intervals (greater than 80% of maximal effort) with rest periods between each interval, usually with a work to rest ratio of less than 1:1. For example: Six 1km intervals with three minutes rest in between each interval. Repetition training involves performing near maximal repetitions (greater than 90% of maximal effort) with a work to rest ratio of 1:2 or 1:3 depending on the duration. For example 15 x 200m sprints with one minute's rest between each repetition.

You can vary distances and rest durations depending on experience, training load and the event that you are training for. These sessions are the key to getting faster!



Strength and Power

Perform 1-2 sessions per week.

Often completely neglected by runners, strength and power training significantly increases your maximal power output. The higher power you can potentially produce per stride, the lower the percentage of maximal power (effort) required per stride, thus improving running efficiency and speed. All strength and power programs should begin with general conditioning exercises and then progress to more running-specific, power-based exercises. General conditioning exercises could include a bodyweight squat or lunge; advanced running-specific exercises include plyometric exercises and powerlifting.

Flexibility

Perform 3-4 individual flexibility/ mobility/release sessions per week.

Tight hip flexors, hamstrings and calf complexes (to name a few) are the downfall of many runners. Not only will tightness lead to poor running posture, incorrect neuromuscular patterns and eventually injury, it will also slow you down. A small amount of flexibility or mobility training should be incorporated into all sessions (in the warm-up and cool-down). Additionally, you should complete specific flexibility and active release sessions, i.e. stretching, foam rolling and massage ball release. Use a combination of static and dynamic stretches to maximise flexibility as different muscles respond differently to different stretching techniques.



Rest and Recovery

Have at least one rest day per week, ideally with a recovery session and utilise your recovery techniques daily.

There's no room for being a hero and skipping recovery (rest days, recovery sessions and techniques). Rest days allow your muscles and endocrine system to bounce back, additionally every 4-6 weeks you should have a light week to allow your body to adapt/ improve, or else you will keep fatiguing and actually start to see a decrement in your performance in training and racing (this is called overtraining).

Recovery sessions are a great idea on the day following big training sessions or races. This can include pool/ocean work, or light walking and mobilisation (try wearing compression gear) and help increase blood flow to the areas without causing further fatigue, meaning that you can get back to training harder sooner.

Post-session acute recovery techniques should be completed after every session and include your cool-down exercises, nutritional supplementation (protein, simple carbohydrates, hydration, and electrolytes - see page 100 for more information on running-specific

nutrition) and contrast temperature showering/ice baths.

Tapering should be factored into your program, depending on training load and the race distance, usually step back the training volume a week out from the race, performing a few speed sessions and short runs. Make sure you are getting at least eight hours sleep a night for maximal physical recovery. When used well these rest days, recovery sessions and techniques - as well as tapering - will mean you recover better form every session and every race, allowing you to train harder and avoid injury, thus optimising performance on every race day! MMH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Tempo Run	Strength/ Power	Repetition Training	Stability & Core	Interval training	LSD run	Recovery Session
pm	Flexibility & Release	Stability & Core	rest	Flexibility & Release	rest	Flexibility & Release	rest



Neil Russell is VIP Trainer for Atleta Fitness and Isowhey Sports and has over 10 years experience in personal training, strength and conditioning coaching and exercise rehabilitation. He has been a strength and conditioning coach for Australian and NZ representative athletes and a PT for internationally acclaimed actors, models and media personalities.







this includes foods rich in natural fats such as nuts (e.g. almonds, walnuts), avocado, plus virgin coconut and olive oils.

Carbohydrates in these plant foods provide an easily accessible source of energy for body (e.g. muscle) cells. Furthermore, the nutrientdense nature of a diet rich in these ensures you are taking in the substances required for conversion of carbohydrates to usable energy (i.e. ATP), for the control of inflammation, support for muscle recovery and also joint health.

Plant foods (e.g. vegetables, fruit, wholegrains, nuts and seeds) also provide beneficial fibre that support digestive health and feed the beneficial bacteria that reside in your gut. These bacteria help to protect the body against training-induced

"IN THE 24 HOURS

LEADING UP TO A BIG

EVENT, HOWEVER, IT IS

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UPSET DURING A RACE."

inflammation and immune suppression, and thus facilitate healthy recovery. In the 24 hours leading up to a big event, however, it is recommended to minimise fibre intake so as to reduce the risk of intestinal upset during a race.

Protein sources are also essential as they provide the building blocks necessary for muscle recovery and growth. Furthermore, the amino acids provided by protein can augment functions including the buffering of hydrogen ions in muscle cells (this can slow the time to fatigue) and circulation of blood to working muscles.

Essential branched chain amino acids (BCAAs) are particularly useful for muscle healing and fuelling the muscles (via enhanced energy metabolism). Their consumption before and after training (and on a daily basis) is shown to reduce markers of muscle damage, reduce DOMS, improve performance, enhance recovery, and increase strength exercise capacity.

BCAAs naturally occur in a range of protein-containing foods including red meat, chicken, fish, eggs, certain nuts (e.g. peanuts

and almonds), pure whey protein, lentils and specific beans (e.g. soy beans). In order to achieve therapeutic doses, BCAAs can also be taken as a supplement.

Throughout long training sessions (i.e. those lasting longer than 1 hour), or endurance events, regular ingestion of carbohydrates, amino acids, water and electrolytes are shown to be beneficial. During these periods it is important to look for supplement options that are easily digested and absorbed in order to achieve benefit and reduce the risk of intestinal upset which can hinder your performance.

General recommendations are to consume 600-800ml of fluid every hour, with 30-60g of glucose and also electrolytes (the AIS recommends drinking a solution

that is 10-20mmol/L sodium).

However, it is important to recognise that everyone is different, and the best thing you can do is trial different approaches during your training to identify what is FIBRE INTAKE SO AS TO REDUCE best for you.

> Recent research suggests that sticking to drinking when you're thirsty is effective in preventing dehydration (so don't feel the need to chug down more water

than you feel like simply because the general recommendations say so). However, in particularly hot environments the evidence does support conscious hydration before and during an event to maximise performance, yet once again the fluid intake required should be calculated on an individual basis. Take into account factors such as how much you sweat, the ambient temperature/humidity of the training/event location, the length of training/event, your body composition goals, gastric tolerance, level of fitness and event type. MMH

Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003 is a Sports Dietician to IsoWhey Sports.





STEEL

MMH Ambassador Joel Bushby shows us how to build a mean set of legs using only a pair of dumbbells and some fresh air.

WRITTEN & DEMONSTRATED BY Joel Bushby | IMAGES Dallas Olsen | EQUIPMENT Cyber Fit

solid set of wheels is crucial to creating a well-rounded and symmetrical physique. Not only that, but big exercises such as the squat actually increase the release of testosterone and growth hormone more than any other exercise. This means that by incorporating them into your leg training, you're helping all the other muscles in your body to grow! Here at *MMH*, we know it can be physically and mentally tough to train your twigs, but if you want to turn them into trunks you're going to have to put in the hard work. So to make leg day an easier pill to swallow, we're switching up your usual scenery of mirrors and machines, and using the great outdoors to kick your legs into overdrive.

WORKOUT-

Exercises A, B and C should be performed in a tri-set circuit as per the descriptions given for each exercise.

TRI-SET 1	REPS	SETS
A) Dumbbell squats	10	4
B) Bodyweight squats	10	4
C) Jumping squats	10	4
TRI-SET 2	REPS	SETS
A) Dumbbell lunges	10	2
B) Bodyweight lunges	10	3
C) Dumbbell jumping lunges	20	3
FINISHER		
Hill sprints	40m	10

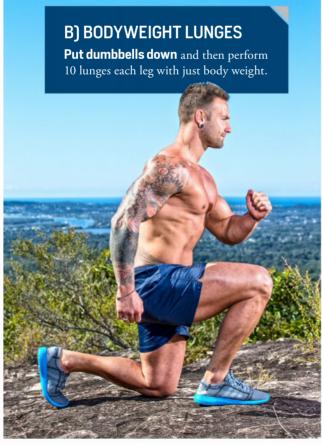


TRI-SET 1: SQUAT VARIATIONS-



TRI-SET 2: LUNGE VARIATIONS-







C) JUMPING LUNGES

Starting in your lunge position, lower your back knee towards the ground until it almost touches. From here jump up explosively and switch legs in the air, landing with the opposite foot in the front lunge position. Repeat for 20 repetitions. This 40-repetition circuit can be performed for two rounds.



THE FINISHER: HILL SPRINTS



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AN INTERVIEW WITH WBFF PRO

BRIAN CHOI

Before he started to get seriously into training, Brian Choi's life consisted of studies and computer games. It was, for Brian, an unfulfilling existence, and he felt he had no direction in life. His inactive lifestyle led to multiple health problems which jolted Brian into action. After completing his studies and becoming a qualified personal trainer, Brian fell in love with his career of helping people transform their bodies. Now he has found his passion, the WBFF Pro is determined to continue smashing goals and taking his physique to the limit and beyond.

Hi Brian, can you tell us the reason you decided to enter your first bodybuilding competition?

I entered with my friend just for fun. After placing second at the show I was hungry for more. I had just finished my last powerlifting competition prior to this; I then changed every aspect of my training and nutrition to suit my new goals. After every show I compete in I become more motivated to do my next. My first show really ignited my passion for competing, and I feel this was the pivotal point of my fitness career.

Do you remember your first training session? How different is your training today?

My first ever training session consisted of my friends and I at the school gym. We had absolutely no idea what we were doing! I wish I could travel back in time and teach my former self how to train with the knowledge and experience I have today. After training with many other coaches and trainers I have gained so much more knowledge than I had back then. I now know how to structure my workouts in order to make them more effective toward achieving my training goals.

What has been the most rewarding aspect of competing for you?

Seeing what I can bring to the stage. As I spend months preparing for a competition, structured training, and watching what I eat, I love displaying what hard work and dedication can produce. I love meeting other competitors and hearing about their fitness journeys, and sharing experiences. It is awesome to meet such like-minded individuals, and to create memories with them.



Name: Brian Choi City: Auckland,

Occupation: Personal Trainer

New Zealand



"CONSISTENCY IS KEY. THERE ARE NO SHORTCUTS TO SUCCESS."



What have you had to overcome to get to where you are today?

The greatest thing I had to overcome was my old lifestyle, and going through a lifestyle change. During my university years, I was so used to a sedentary lifestyle and horrible eating habits. I feel that not pursuing a career in business after graduating with my bachelor's degree in commerce was the greatest decision I ever made. Since pursuing my career in fitness I have become so much more active, have dramatically improved my eating habits, and I have never been happier with myself and what I do.

What is the number one lesson you have learned about health and fitness through your training?

Consistency is key. There are no shortcuts to success. Set your health and fitness goals, stick to them, enjoy the grind, and see the results that you can achieve by staying consistent and committed.

Who inspires you? Why?

Bruce Lee inspires me. Although he is not a bodybuilder, I believe his outlook on training can teach us all a thing or two. I hope to one day be a role model and inspire people the way Bruce Lee has.

What advice would you give to any MMH readers who want to get into the best shape of their life?

If you want to get in the best shape of your life, and you're having trouble, seek help! Personal trainers and other health professionals are there to help you; it's their job. If you're not too sure what you're doing or even where to start, you are just wasting time and it's likely you won't achieve your dream body. The first time I got a personal training session was the day I realised how useless my old training routine was - my technique was all wrong!

What is the most important thing guys need to remember when training?

Technique and tempo are key while training, not only from a safety standpoint, but also because performing an exercise correctly will target the right muscle. Performing an exercise with good tempo is vital in loading your muscles with a good time under tension.

What is your career highlight and why?

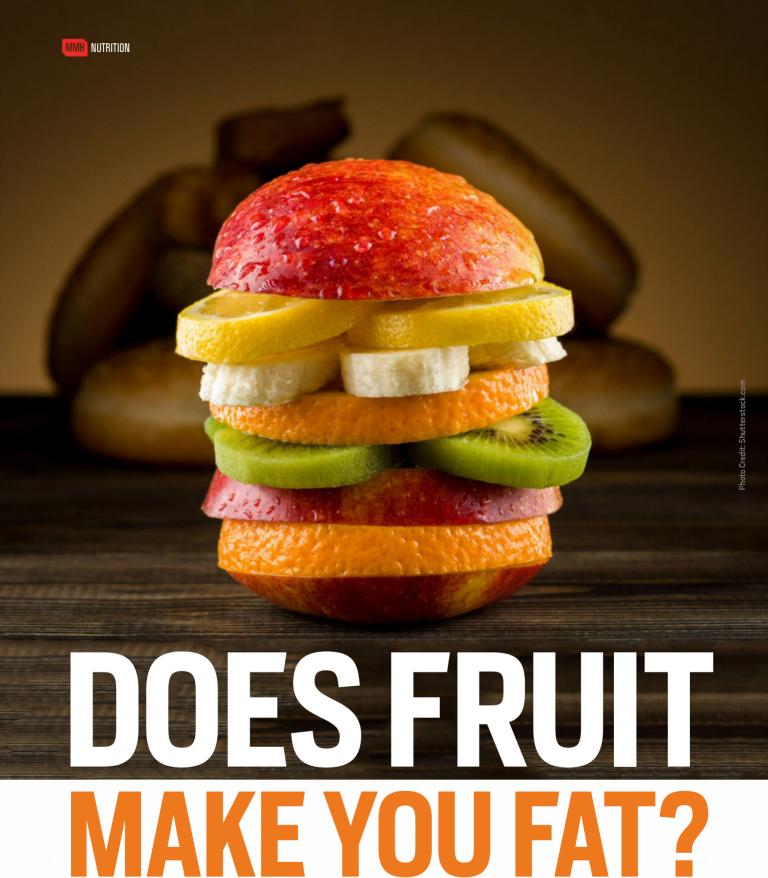
It's no doubt when I received first place at the WBFF Australia show earlier this year, where I earned my prestigious WBFF Pro Status. Placing first in a fitness show has been a big goal of mine for years and earning a pro status was a dream. Getting both in one night was the most rewarding feeling.

How do you conquer nerves on the stage?

The only way I've been able to conquer my nerves on stage is conquering any doubt that I have about myself. The way I look at it, all the hard work has been done, the hard workouts, and the strict dieting - I'm not going to let all my hard work go to waste from simple stage fright. Walk out confident and with a smile on your face and show off all your hard work.

What do you have in store for the future? What do you want to improve on?

Right now I'm focusing on growing my business and my profile. As now I'm a WBFF Pro in New Zealand I have to travel at least halfway across the world to compete. In terms of my training, I want to put on a little more lean mass, and target some weak areas such as my arms to bring in a much more complete physique for my pro debut. MMH



We delve deeper into the truth behind fruit; what it really does and how it really affects your health and body composition.

WORDS Cam Wild

IT'S TIME TO FINALLY ADDRESS WHAT ALL THE HYPE IS ABOUT WHEN IT COMES TO OUR DEAR **AND DELICIOUS FRIEND:**

FRUIT. In the age of the internet, the health and fitness industry (and every other industry) has more "experts" popping up than a game of whack-a-mole. I have come to discover through many nutritional courses with leaders in the industry such as Charles Poliquin, Sebastian Oreb, Daine McDonald and Mark Ottobre just how incredibly in-depth and highly specific the world of nutrition really is. So while the "whacka-mole experts" intentions may be for the greater good (and I believe they are) unfortunately, with only a surface level understanding of nutrition, broad and blanket statements often cause more harm than good. It's important to not look at the world of nutrition through a straw if you want to better understand the whole picture. So for those of you with a little bit of weight to move, I'm going to delve deeper into the truth behind fruit; what it really does and how it really affects your health and body composition!

First off, what's all the hype about? Why are people all of a sudden saying fruit makes you fat? Does it really? Did it still make me fat 10 years ago? To answer this question we need to get a little 'sciencey' and break down exactly what nutrients our body is getting from fruit to determine what kind of effect it will have on our body. Fruits have a range of vitamins, minerals and phytonutrients critical to the optimal functioning of our bodies, which funnily

enough can and do contribute to fat metabolism! Fruit also contains some fibre and other carbohydrates or sugars such as sucrose (which is broken down into fructose and glucose). The only possible component of fruit that could lead to stacking on the unwanted kilos would be the sugars, but for us to make the call we first must better understand how these sugars could allow our bodies to be storing fat.

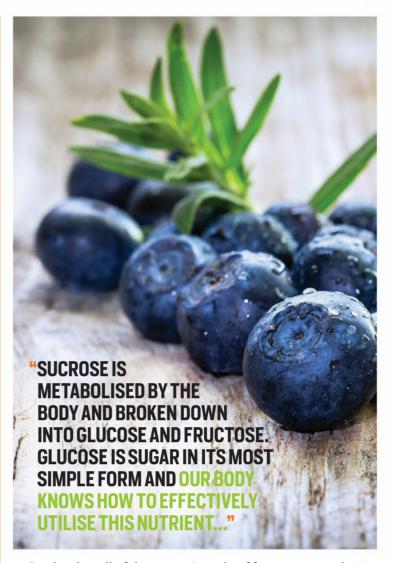


"FRUITS HAVE A RANGE OF VITAMINS, MINERALS AND PHYTONUTRIENTS CRITICAL TO THE OPTIMAL **FUNCTIONING OF OUR BODIES..."**

So let's break it down and see what's happening:

Sucrose is metabolised by the body and broken down into glucose and fructose. Glucose is sugar in its most simple form - and our body knows how to effectively utilise this nutrient, whether for instant energy by our cells around the body, or metabolised and stored in the liver or muscles as glycogen (stored energy), or converted into triglycerides and stored as fat. The case with fructose however, is much different. Fructose is almost completely metabolised in the liver and is either used to replenish the liver's glycogen stores or used to synthesise triglycerides or fats.

Now, here is where the problem could be occurring - and there are a lot of factors that come into play here such as insulin sensitivity etc. Please keep in mind that I am specifically addressing those of you who are looking to shed excess kilos, and not those of muscles, liver and fat first in the liver then into the muscles and stored in the muscles tank is filled first and it can only hold about most likely have their our fat cells!



So what does all of this mean? Should I stop eating fruit? The answer is definitely NO, do NOT stop eating fruit! It's important to note that not all fruits have the same amount of fructose. For example, a banana contains 4.9 per cent fructose whereas an apricot only contains 0.9 per cent, so switching up your fruits for lower fructose ones could be a great idea. My personal favourite are blueberries! If your goal is fat loss, limit your intake of fruits to no more than one piece of fruit per day, keeping your

intake of fructose to around 5-10g total. As you get leaner and your training load increases you will be able to handle increased doses of fructose without having to worry about storing body fats!

So there you have it, clearing up all the hype around fruits. Hopefully now you are armed with the knowledge you need to tackle your fruits and if your goal is fat loss be sure to keep to the age old saying of just "an apple a day". MMH



AROUT THE AUTHOR

Cam Wild, 23, is a Victorian state physique competitor, nutritionist, and owner of NUFIT – one of the fastest-growing online nutrition and training business in Australia. For years, Cam struggled with getting the results he wanted in the gym. His dedication turned into a passion for nutrition and as a result, Cam developed a simple and results-based nutrition system specifically designed for guys wanting to get noticeable, lifelong results. Cam's system is available online at **www.nufit.com.au**



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SPORTS CHALLENGE

WORDS Daine McDonald | IMAGES CM Photography

he Clean Health strength sports challenge is the brainchild of Clean Health founder Daine McDonald and his Sydney CBD personal training manager Brad Soper. The two wanted to attract strong, powerful, athletic and conditioned people to set the benchmark for strength athletes.

The event was broken down into two stages:

TAGE 1

With a focus on strength, athletes have two hours to work up to their 1RM on three key lifts:

- High bar back squat: the squat is one of the simplest and best known compounds lifts. Every athlete benefits from it. Squatting below parallel has greater transfer from an athletic performance standpoint and requires a functional and mobile athlete, not someone who is strong but stiff.
- 2. Muscle clean and press: this exercise is a great test for brute strength and upper body power application. Unlike the clean and press, there is no leg/hip drive, so it is not as complex as the traditional weightlifting movement. The simplicity of the move allows an untrained person to complete it like strongman.
- 3. A 15m farmer's carry: this exercise is done in an L-shape, making it challenging because it requires co-ordination and stability in addition to strength.

The top three totals from each weight class then proceed to the final stage.





With a focus on application of strength and conditioning, the athlete's weights are moved back to 80% of their 1RMs

For example, if the athlete progressed through to the finals on a 200kg squat, 80 per cent of that is used in the finals, i.e. 160kg. The athletes then have 15 minutes to do as many rounds as possible at 80 per cent of their 1RM. Simply put, this is brutal.

At the end, the person who moves the top total weight is the winner. For example, if you go through to the finals on a lighter weight that is okay, you just needed to complete more rounds than the athlete who has a higher weight than you.

As you can see, this is a truly brutal concept and one that separates the men from the boys. The event was open to anyone from a strength training background, for example, CrossFit, powerlifting and weightlifting athletes. This led to quite a diverse line-up in the inaugural event.

The winner of the male division was Clean Health's very own Brad Soper, a level 4 performance coach and personal training manager at the Clean Health Performance Centre. Brad said that winning the challenge gave him a huge sense of accomplishment.

"It all comes down to game day and when all the preparation, time and dedication come together it is purely satisfying," says Brad.

Health and fitness has been a passion of Brad's from a young age, and he has invested years into developing his career as both a strength coach and an athlete. Brad believes strength training has changed his life, as it allows him to achieve and progress on a daily basis.

"It challenges you for all the right reasons. Training is one thing in life you can't cheat, you get out what you put in and you only have yourself as an accountability measure."

Brad's advice for guys wanting to get into the sport is to get a good coach and start with mastering the basics. He says from there it's about putting in the hard work and getting comfortable with the uncomfortable.

"Knowing you're not going to be outdone because of the effort you put in, that's the beauty of it," he says.

Brad is now preparing to defend his title at the next Strength Sports Challenge held at the Sydney Fitness & Health Expo from October 16-18, 2015. This event promises to be an even bigger and better one with international guests and prize money on hand. MMH



WINNERS

Males

- 1. Brad Soper
- 2. Cam Taylor
- 3. Andrew Ciancio

Females

- 1. Jess Curl
- 2. Hattie Boydle
- 3. Emily Spessot



HOW TO Worklarder atoeine smarte

Brad Smith took his passion for motorcycling and grew it into an award-winning, multi-million dollar business. Here he shares how it all started, and tells us 20 important things that are more powerful than vour current bank balance.

This article is an excerpt from DIRB IT UP (Do It Real Bia)

MY ENTREPRENEURIAL CAREER STARTED EARLY, **SELLING VEGGIES FROM OUR HOME ON THE FRONT NATURE**

STRIP. My Dad had a great veggie garden and when the harvest came in my sister and I would bundle up the goodies and set up a table out the front of our home. We would have a bowl of coins and once everything sold we would halve the takings and reap the reward for our efforts.

This was a great life lesson for us: add your own value. From this early age we were unknowingly learning to make our own way, learning the value of making a living and the value of a dollar. If we ever wanted an extra \$10 in our home we would have to say, "Hey Mum, I need \$10 extra for school this week, what can I do to earn it?" We were never given a free ride. Our family believes that one sentence is a game changer, not can I have \$10 but rather how can I earn \$10? Different question, different outcome.

Growing up we were taught, and lived by, the three R's: Respect, Respect, Respect.

Respect things, respect people and respect yourself.





passion! We were expected to give 110 per cent all the time, whether it was BMX racing or cleaning my bedroom. It didn't matter - whatever you do, you do it with passion. Mum would say, "I don't mind if you win or lose, but if you don't do it with passion and give it 100 per cent then we are not doing it." It was never about the outcome, but it was about the effort. We grew up by Mum's favourite saying, "How you do anything is how you do everything".

Of course, motocross has been my passion forever. It started before I could ride a BMX. My Dad was a motorcyclist and I remember him and his mates meeting at our house to load their dirt bikes onto the trailers before they would go off on a day-long ride. They would come back covered in mud, all excited and telling tales from their ride. I couldn't wait to be a part of the action. I'd nag, "when can I learn to ride? When can I learn to ride?" Dad said to me that as soon as I had mastered the BMX I could learn to ride a motorcycle. So my goal for the year was to master my BMX.

Goal setting was a huge part of our upbringing. Ticking off our goals was exciting. Every New Year's Day we would sit down and review our year then write out our list of goals for the year ahead. I finally proved to Dad I had mastered the BMX the day I convinced my little sister and cousins to lay down and let me jump over them. None of my cousins were harmed in performing the jump!



"I FINALLY PROVED TO DAD I HAD MASTERED THE BMX THE DAY I CONVINCED MY LITTLE SISTER AND COUSINS TO LAY DOWN AND LET ME JUMP OVER THEM."

I learned to ride a dirt bike and motocross became my obsession. Everything I learned growing up somehow related to motocross. As I got older and a better rider I became aware of the financial pressure motocross was putting on my family. Once a month we would travel somewhere in the state so that I could participate in the moto state titles. Four times a year my Dad and I would travel across the Tasman to mainland Australia to compete in the Victorian state titles as well. With this travel and accommodation, plus the cost of the bikes and the maintenance and all of the safety gear, my sport was quite expensive. Our family wasn't rich, but Mum and Dad worked hard so my sister and I could have a great life.

One year Mum and Dad decided we would go on an adventure; a family holiday to the Australian Junior Motocross titles, which were held just out of Sydney. We had a little white Ford van and we packed all our stuff in; my sister and I were so excited. That particular year the Aussie Junior titles had 800 entries. I'd only ever been to races with 25 riders in a race. It was a huge eye opener to line up with 40 riders on the gate and then have to qualify out of four heats.



I remember driving into the track with our van packed to the roof with my bike, racing gear, our holiday luggage and us four jammed in there, all I could think about was how much effort Mum and Dad put into this trip, how hard they had worked so we could have this adventure.

We drove into our pit area, and were parked next to a kid with a 40-foot truck trailer, four brand new dirt bikes and all the bling on them, this kid had a mechanic and a coach and all the coolest gear, everything! As I'm walking through the pit drooling over all the bling these kids have I asked Mum, "How the hell do these people have what they have?" I

knew my parents couldn't physically work any harder; there wasn't a spare hour in the week. They busted their guts just so we could make it, yet the kid next to us seemed to have everything (materially) and they didn't look like they had worked anywhere near as hard as our family. Mum said, "Brad, these people don't have what they have because they worked harder than us, these people have what they have because they worked smarter than us."

I decided I was going to work harder at being smarter. I was only 12 years old, yet I knew I wanted to be in a position to make a difference, starting with my family.

"COURAGE IS NOT THE ABSENCE OF FEAR, COURAGE IS BEING SCARED AS HELL AND GOING FOR IT ANYWAY."

HERE ARE SOME ELEMENTS I THINK ARE MORE POWERFUL THAN YOUR CURRENT BANK BALANCE:

1. Time

Time is our most valuable asset, the great equaliser: no one has more and no one has less. 24 hours. Seven days in the week. Invest it however you like. How valuable is your time? Time invested wisely is powerful. Time wasted is devastating. Protect your time, guard your time. Invest it and make it count. Remember as a growth person your to-do list will never end. You are never going to have enough time to do what could be done. Time is worth more than money.

2. Desperation

Desperation is more powerful than money. The hungry mother will always find a way to feed her kids. Desperation says "I must". Hunger is the achiever's word for desperate. When you're hungry to learn, to grow, to achieve, to win then you are ready. Desperation creates desire.

3. Determination

While desperation says I must, determination says I

will. Determination is your willingness to take action. Determination creates persistence.

4. Courage

Courage is not the absence of fear, courage is being scared as hell and going for it anyway. If you've only got \$1 and a lot of courage, I'm telling you, you've got a good future ahead of you. Humans can do the most incredible things when they act with courage. As growth people the courage to trust your preparation, your product, your team and yourself and go for it is the difference between an entrepreneur and a "wantrepreneur".

5. Ambition

Ambition is vision in motion. If I can sell one, ambition says I can sell 1,000. Ambition is the cornerstone of momentum; momentum is power as a

growth person. The ambitious man attracts opportunity.

6. Faith

Faith in yourself, your product, your timing, faith in your team. Once your ambition finds momentum you begin to believe you've got a good product. You start to see that this is a good idea. You start to believe in yourself. Your faith grows, your self-esteem starts to soar. What if you had \$1 million and no faith? You'd be poor. Faith is the difference between success and failure as a growth person.

7. Intelligence

Get smart. Education is the foundation of growth. Learn what you need to learn in order to become the person you want to become. Desperation, determination, courage, ambition and faith rely on intelligence to guide them.

8. Heart and Soul

Show me a man with \$1 million but no heart and soul

and I'll show you a man with no life. Heart and soul is the magic that moves people. It drives people. Heart and soul creates authenticity; it aligns our actions with our nature.

9. Personality

Personality is more powerful than money. You've got to sharpen up your own personality, develop it to where it is effective every day, no matter who you talk to. A unique personality that is at home anywhere, comfortable in any room. Personality has the power to move a room; it's the ability to inspire through your words. Personality is more powerful than money to a growth person.

10. Character

Where personality creates chemistry, personality is only as good as its next remark, its next action. Charisma and personality wear out without character. Character is how people remember you.

Character is what is left when everything is stripped away. Character is power.

11. Ouestions

The quality of our questions is directly proportional to the quality of our lives. Ask better questions get better answers. Instead of asking "why me?", ask, "how can I make this better?" Instead of asking for it to be easier, ask how can you be better.

12. Proximity

We are the average of the five people we spend the most time with. The people around us make us better or worse. The fastest way to get anywhere is to find someone who has done what you want to do, learn what they did, then do it.

Who do you look up to? What do they do that inspires you? What character traits do they have that you could borrow? Channel your role models. What would Richard Branson do? Or, how would Richard Branson do it?

14. Energy

Energy is the fountain of life; energy is an element to growth. The average wake-up time on the Business Review Weekly rich list is 6.30am; the average bedtime was midnight. Success leaves clues. Energy creates more energy.

Momentum is when vision meets activity. The ball is rolling. Momentum is power. Momentum is more powerful than circumstance. Momentum is the first sign of progress. Progress makes us feel alive. If you're on a weight loss plan, you feel good as soon as you start seeing kilos drop. If you're launching a product you feel good as soon as you start making progress and selling.

16. Accuracy

As growth people we fantasise about what is possible. But we have to take time to think with accuracy. To put accurate action steps in place. Accuracy is crucial: in our planning, in our management. We need to ensure our strategy is accurate, our assumptions are accurate and the effort required is accurate. To a growth person, accuracy is power.



17. Leverage

Leverage is the corner stone to growth and you can't do it alone. We need to master other people's money, other people's time, other people's ideas and other people's assets. Leverage requires us to turn what we do into a system that has scalability.

18. Go the extra mile

More than you're expected to do. You never know who is watching. It's the ultimate investment in your future. The person who does more than they are paid to do, will eventually get paid for more than they do.

Think for yourself, question things. Think outside the box. Do things differently.

Do what you have to do, even when you don't want to do it. Should walk the block, could walk the block, don't walk the block. DIFFERENT story, different person, different result. Could cold call, should cold call, picks up the phone and cold calls!

This entire list is more valuable than money. With just a dollar and the list I gave you, the world is yours. It's for you to create, whatever piece of it you desire, whatever development you wish for your life. The secret "capital" is resourcefulness. That's the kind of capital that is more valuable than money and that can secure your future and fortune.

Resourcefulness is the ultimate resource.



DIRB IT UP (Do It Real Big) by Brad Smith. RRP \$22.99

This excerpt has been edited for publishing purposes within Men's Muscle & Health

what is your body aching to tell you?

Learn from those who have gone before you and keep your life's journey as pain-free as possible.

WORDS Greg Dolman

he pain industry is one that pulls in millions of dollars every year. How many people do you know who DON'T suffer some sort of pain? Obviously, the younger we are the fewer people we will know who have some sort of pain, compared to those of us who are slowly marching through the decades one year at a time.

The older we become the more pain we tend to experience. Whether it is from just getting older, excessive wear and tear, injuries, food choices, becoming more body-conscious or more aware of our emotions... the list goes on. We will all suffer from many different forms of pain through the different stages of our lives; however, two of the most common pains that I hear about through my occupation are joint pain and muscular pain.

While you are young, you can throw just about as much resistance at your muscles as they can handle. And while our muscles don't wear out as we age, our joints do. I bet you've never heard of anyone getting a muscle replaced due to being overworked. On the other hand, we all know of someone who has had, or needs to have, a joint replaced.



"PAIN IS ONE OF THE **BODY'S MAIN WAYS TO GET OUR ATTENTION AND LET US KNOW** THAT SOMETHING **ISN'T RIGHT."**



LISTEN TO YOUR BODY

If you are lucky enough to have not yet experienced any joint pain, please learn from those who have gone before you and keep your life's journey as pain-free as possible. At the very least, if you experience any joint or muscular pain, stop and listen to what the pain is telling you. If you take a moment to stop doing whatever you're doing when you experience pain, you may in fact be saving yourself from suffering an injury in the future.

These days, too many people continue with an activity even when the body signals 'pain'. The old adage "work through the pain" seems to be the most common approach with those who are on a mission to accomplish their personal physical goal/s.

I have been involved with exercise from a young age, and have been involved in the gym environment for more than 35 years. In this time I have witnessed many others injuring themselves with exercise. An interesting observation is the sheer number of people who hurt themselves at home, or at the workplace, are actually people who follow an exercise program! This is because those of us who exercise have a more confident approach to doing extra movements away from our exercise program and the gym environment. The problem with this is, when we do a movement that usually doesn't mirror what our exercise program dictates, we tend to load muscles or joints that aren't used to the particular movement which then leads to an injury or strain.

SELF ANALYSIS

So how can we learn from pain and allow it to assist us in avoiding suffering further? One simple way we can learn what muscles and/or joints may be at risk is by doing a self-analysis with a full-body stretch - and feeling which are the tight muscle groups compared to the more flexible ones. This is where you may experience some muscle and/ or joint pain.

All joints have muscles on either side that push or pull on the appropriate joint/s. When we have joint pain (excluding structural damage) it is usually because the muscles that control the joint are holding tension. From my experience, if there is a muscle imbalance either side of a particular joint, one muscle will generally be taking more of a load than the other. The tighter muscle will be the 'grumpy' one but it is the weaker muscle that also needs some attention. This is purely an imbalance of a particular joint which usually means that we have a shorter tight muscle versus a longer weaker muscle group. So the tighter muscle group should be stretched and the weaker muscle group should be strengthened to assist with an even joint movement. If we don't stretch the tighter muscles, they will eventually lead to a pain which could possibly lead to an injury.

YOUR BODY'S ALARM SYSTEM

Our body has its own protection or alarm system, and pain is a function of that. If our body feels an imbalance of any form, it will do what it has to, to get our attention. Pain lets us know that something isn't right. We then do what's necessary to ease the pain. But sometimes, in certain scenarios, it just isn't this simple.

We also suffer from other areas of aches or pains throughout our body. We have different bodily systems that can be pain-responsive. Physical systems - such as musculoskeletal, cardio-respiratory (heart and lungs), digestive, nervous, endocrine (glands), integumentary (hair, skin, and nails), and lymph - all experience pain.

We then have an energetic system (based on Traditional Chinese Medicine practices), which consists of different meridians (organ energy lines that flow through out the body), chakras (seven major 'energy wheels' from our groin to just above our head), and our beliefs (generally passed down from our parents' beliefs), which also affect our joints and muscles. Acupuncture and pressure pointing can address energy blockages within meridians that are affecting the body's flow of energy, often also affecting the associated muscle groups. These points are generally quite painful when pressed by either a needle or finger.

Eating the wrong foods can cause pain within our digestive system, which then teaches us that a certain type of food or foods should not be eaten or mixed together. We also have emotional pain. This is usually the worst type of pain because it is generally silent and internal until it manifests in physical pain. Each organ within our body has an energetic alignment with a meridian, chakra, and/or a particular muscle group. So therefore our muscles really are keepers of emotions and any pain in a particular muscle can also be a referral of an unreleased emotion.

SO, WHAT IS YOUR BODY ACHING TO TELL YOU?

In getting back to the title of this article "What's Your Body Aching To Tell You?"- if we are experiencing pain somewhere within our body, we need to stop for a moment and assess what the body is trying to tell us. As long as the pain is purely not an injury that is the result of an accident, or from illness.

Like a low fuel light in a car, pain is an indicator that something is going on in our body that needs to be attended to. So, attend to the pain like it's a good friend who has warned you that something needs to be addressed and deal with it immediately. MMH

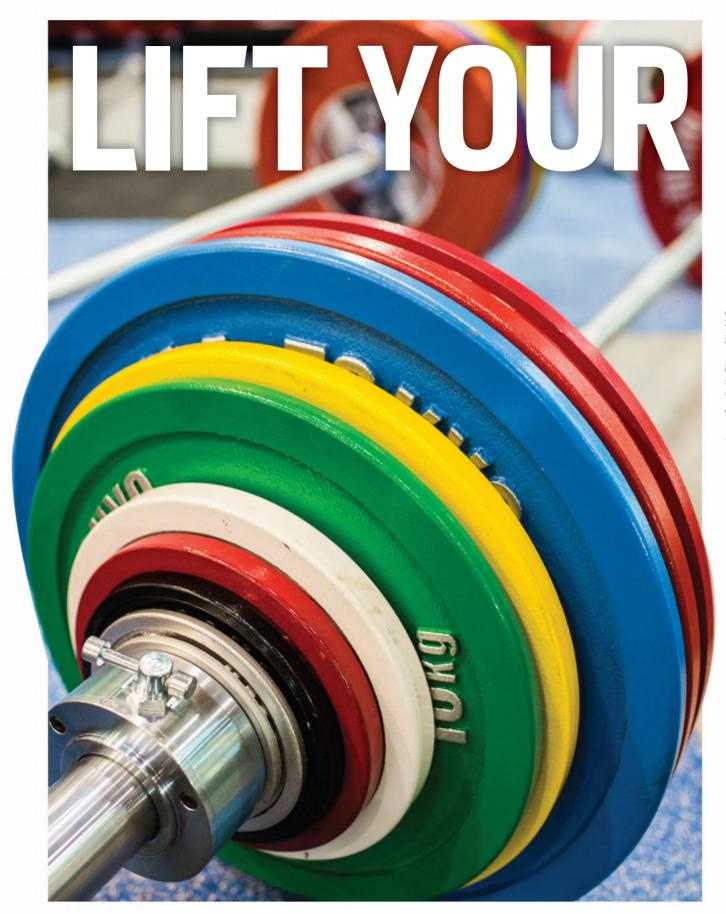


training." So, drink up lads! MMH

did just one or the other over the

60.9g, Protein: 18.5g





GAME with powerlifting

Discover four good reasons powerlifting could be the perfect addition to your training, and learn how you can incorporate it today.



POWERLIFTING
CAN HELP YOU HAVE
A STRONGER, MORE
RESILIENT BODY
WITH GREATER
POWER-TO-WEIGHT
RATIO — VITAL
CHARACTERISTICS
FOR PRETTY MUCH
EVERY SPORT OUT
THERE.

When you think of powerlifting, you might think of athletes pushing extremely heavy weights that are beyond the capability of the average gym-goer. It's long been a misconception that powerlifting is a sport suitable only for serious athletes and 'crazy muscle men', but it turns out to be very practical for a much wider population. Now powerlifting training techniques are starting to gain huge traction in the gym as people realise the power they can add to their training regime, regardless of what sport they're training for.

Whether you're a runner, footy player or CrossFit competitor, it's likely that your

chosen sport will benefit in some way from increased strength or having greater power production. Strength, in particular functional strength, can make you more resilient to injury, more balanced in your muscle development and make you more efficient too, whether you're running up a steep hill or picking up an opponent in a tackle or judo throw.

To build functional strength, then, why not borrow from a sport that specialises in it? Enter powerlifting.

Dominic Cadden, a coach and endurance athlete turned World Masters and Commonwealth Open powerlifting champion, says for those who have discovered the benefits, powerlifting seems like an obvious choice for building functional strength.

"It comes down to this - do you want to be that guy in the gym who looks like Tarzan but lifts like Jane, or do you want to be good at a sport and functional for a variety of activities?

"Powerlifting can help you have a stronger, more resilient body with greater power-to-weight ratio – vital characteristics for pretty much every sport out there."



HERE ARE FOUR

POWERLIFTING COULD BE THE PERFECT



BUILDS FUNCTIONAL STRENGTH

A lot of people think of their weight training in terms of 'hitting' particular body parts. Powerlifting, however, is about training a movement, recruiting as many muscle fibres as possible, as fast as possible, with as much technical mastery as one can muster for a better power-toweight ratio.

"It helps that we work through a relatively long range of motion and hit a lot of stabilising muscles," says Dominic.

"The combination of speed, balance and the range of movement required in powerlifting training makes it very applicable to a wide variety of sports.

"It's very effective training to develop better posture and spine health too, not only because

> y o u learn t lift

correctly, but also because it helps your bone density.

"I can spot a powerlifter from a bodybuilder-type of trainer a mile away. With their shirt off, the bodybuilder might have a more chiselled chest, but the shoulders are rounded and the posture is hunched. In powerlifting, we pull our shoulders back on all three competition lifts, which puts us in a good posture where our chest is always open and expanded."

BUILDS REAL MUSCLE

There is often a fear among athletes and sportspeople that lifting a heavier weight will result in getting 'too big' for their sport, but this is not necessarily true.

"Lifting heavy alone won't necessarily make you bigger," says Dominic. Powerlifters can continue to get stronger but still stay the same body weight, making it a powerful training tool for some because extra size can come at a cost to agility, speed and fitness.

"The flipside of this is when people think they have to lift in a bodybuilding fashion because they think that if they get more muscle they will be stronger and more effective at their sport. But a bigger muscle doesn't necessarily mean stronger.

Generally, when you become stronger in proportion to your size, you become more effective at your sport.

LOW RISK OF INJURY

While it may appear that powerlifting training increases the risk of injury because of the higher weights, the techniques employed in powerlifting actually make it a safer way to lift.

"We have rules about how to lift which sees a very low injury rate in powerlifting considering the weights that are being lifted," says Dominic.

"Often, at the gym, I see people increasing the weight they lift or doing more reps

in a set amount of time, not because they became stronger or more powerful, but because they find better ways to cheat. Their form suffers and this is where the risk of injury comes in. On the other hand, powerlifting's strict techniques are all about protecting the lifter."

For example, the typical gym technique for a squat lift sees the feet remain narrow and parallel with the bar high on the shoulders/neck, which risks injury to knees and neck plus uneven musculature through the upper legs that can contribute to knee problems.

However, the powerlifting technique sees the bar positioned lower down the back, which allows the head to be in line with the spine. Heels are under hips or wider and toes turned out so that knees are protected, travelling over the line of the feet.

There is also less chance of repetitive strain injuries with powerlifting.



GOOD REASONS

ADDITION TO YOUR TRAINING:

"Many gym-goers stick to higher reps at a lower weight thinking it's safer for their sport, but most sports rely on high repetition of trained actions, so repetitive strain and general wear and tear is the real risk. It's better to do less, more effective reps," explains Dominic.

Lifting heavy weights in such a precise and controlled manner also improves body awareness generally, which helps to prevent injuries in all physical activities.

Dominic says that most powerlifters know that the slightest change, intentional or by mistake, in technique changes the outcome of a lift, and his awareness carries over into any other sport.

"For example, I've become much more aware of what my muscles should be doing when I run since I began powerlifting," he

LOW VOLUME OF **TRAINING**

The relatively low volume of training required to hold or improve maximum strength through powerlifting makes it fairly complementary to most sports as it doesn't impact too heavily on your weekly training regime.

At the elite and professional levels, many sports have long used powerlifting movements like squat, bench press deadlift and/or assistance movements like front squats, hang cleans and single-arm dumbbell rows built into programs that go through strength, power/ speed and, in some cases, hypertrophy phases.

Dominic explains that it's all about adjusting the volume (total work done) and intensity so that you're not overtrained. It can even work well for endurance sports.

"For five months now I've trained running three times a week and strength three times a week, and that was after a long layoff from running and two torn hamstring tendons. My running just keeps on improving and now I'm running up to 45km on trails at a time."

HOW TO START INJECTING POWERLIFTING INTO YOUR TRAINING

Here are Dominic's top tips for gradually introducing powerlifting techniques into an existing training regime:

- It's best to get some instruction on technique first and start at a time that's not going to interfere too heavily with your other sports and activities e.g. don't start powerlifting training in the lead up to your footy finals.
- **Lead in gradually** even more advanced powerlifting programs have what's called a 'ramp' phase at the start of a training cycle. The strain on both body and mind is different when you go from lifting a weight you can do for 10 reps to lifting a weight you can lift for five – then lifting for three reps and a maximum single are very different again.
- Good core strength and balance are essential for lifting heavy free weights with reasonable speed. You can work on this first with exercises such as overhead squats (very light!), medicine ball throws from a kneeling position, get-ups/Turkish get-ups and kettlebell work on two legs first, then one leg.
- When you lift heavy weights, it's vital to get your body position (the 'set-up') right before you start to lift. There's no one-size-fits-all way to set up since one lifter may be biomechanically different to another. Again, this is where some initial advice on technique is important. MMH



Learn more about powerlifting training and Powerlifting Australia's coaching and training course at **www.powerliftingknowledge.com.** You can see powerlifting in action at one of the upcoming Fitness & Health Expos in Perth, Sydney or Brisbane, with some of the best lifters in the world tackling official world records. Meet representatives from Powerlifting Australia and decide if powerlifting training is for you.

For more information visit www.fitnessexpo.com.au.



SHARPEN UP YOUR SIX-PACK!



FITNESS MODEL Kynan Nahrung | IMAGES Dallas Olsen

are the key to your core and essentially the key to your whole body as they help with posture and balance - but not everyone has the time to work out for hours to get the results they want! This workout will help you unlock those defined abdominals you are chasing, and the best thing is it will only take you 10 minutes. But wait, there's a catch! This will be 10 minutes of hard training, which means little rest and a constant push to do more of each exercise within the time allocated.

THE WORKOUT

EXERCISE	DURATION/REPS	REST
Scissor Kick	2 minutes	15-30 seconds
Raised Leg Crunch	2 minutes	15-30 seconds
Bent Knee Single Leg Double Crunch	2 minutes	15-30 seconds
Jack Knife	2 minutes	15-30 seconds
Double Crunch with Hold	2 minutes	15-30 seconds



TARGET: Core

SET-UP: Lie on your back with palms facing down and resting under your hips to provide support to your lower back, and your legs extended and together.

ACTION: Raise your torso up a couple of inches (5-10cm) as you lift your heels off the floor by approximately 15cm. Make small, rapid, alternating up-and-down scissor-like movements as you lift each leg 45 degrees in the

air and lower each until your heel is a few centimetres off the floor. The pace of the scissors motion is fairly rapid, and should only take two seconds in total to complete the full upward/downward movements.

TIP: To increase core function, change the height you raise your legs throughout the set and increase intensity towards the end of the set.

Raised Leg Crunch

TARGET: Upper abs

SET-UP: Lie on your back with your hands cupped behind your head. Bend your legs so that your knees create a 90-degree angle and raise them in the air.

ACTION: Keeping your legs fixed in place, bring your torso toward your quads by raising your shoulder blades off the floor slightly. Squeeze abs hard at the top and then slowly lower yourself back to the starting position and repeat.

MEN'S MUSCLE & HEALTH

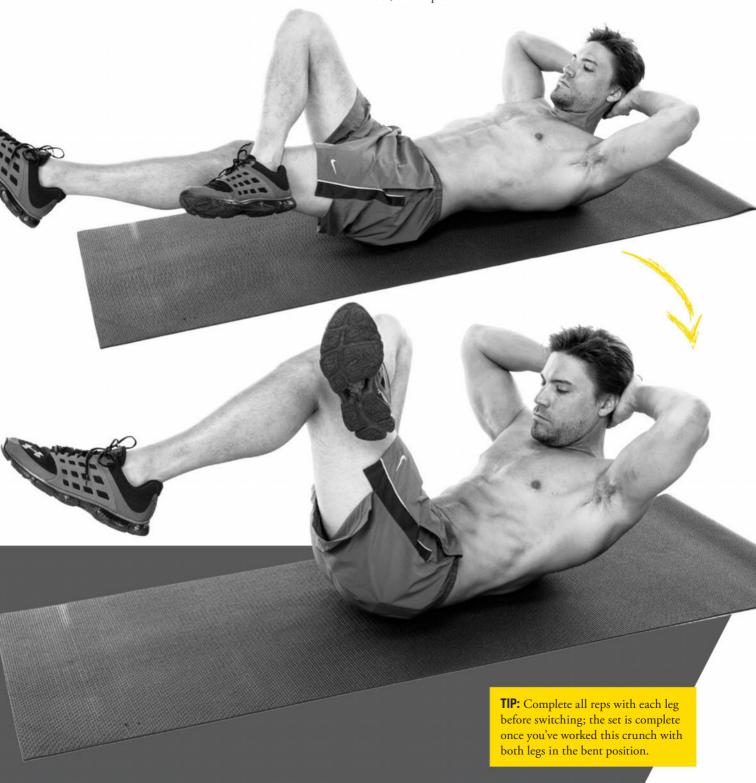


Bent Knee Single Leg Double Crunch

TARGET: Upper and lower abs

SET-UP: Lie on your back and interlock your fingers behind your head. Cross one foot over the opposite quad.

ACTION: Crunch your torso upwards while simultaneously bringing the straight leg towards your torso. Squeeze your core before lowering both your upper body and legs to the floor, then repeat.





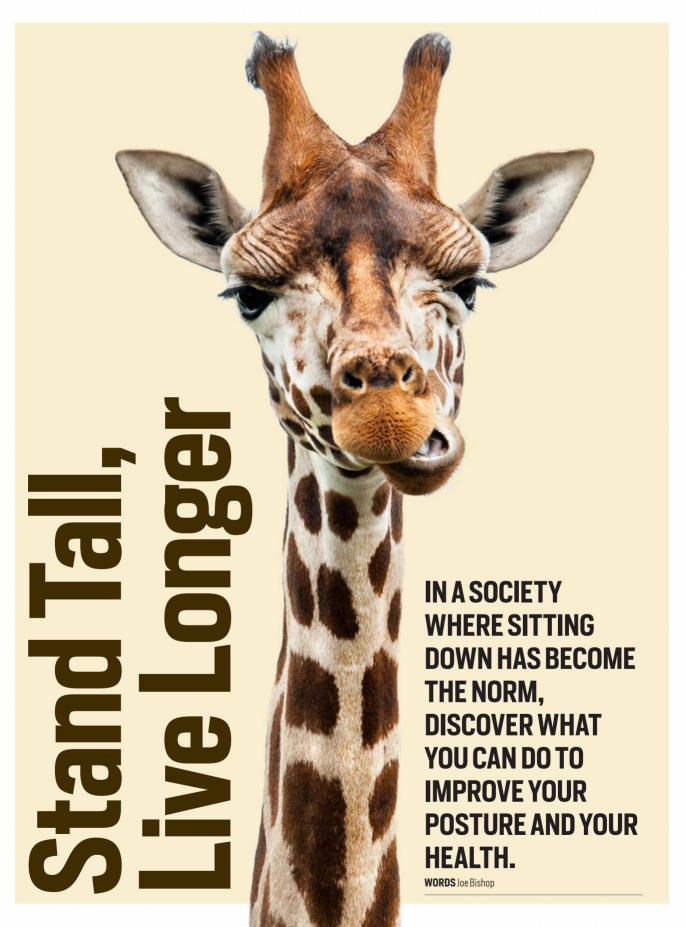
Double Crunch with Hold

TARGET: Upper and lower abs

SET-UP: Lie on the floor with your legs straight and your arms overhead.

ACTION: Simultaneously crunch your torso towards your legs while bending your knees and bringing your legs towards your upper body. At the top, wrap your arms around your bent knees, holding and squeezing your abs for two counts. Release and repeat.

TIP: Don't relax at the top - use the hold to squeeze your abs and core for a hard count before releasing.



oday's community is based around a capitalist society where the ambition for substantial wealth is seen as the most important aspect in life. In the past few decades, business in our community has boomed and the determination for a successful career is even greater than before. Strongwilled individuals are putting every effort into getting to the top of the corporate ladder; but what are they neglecting?

WE'RE SPENDING MORE AND MORE TIME LEANING OVER A DESK, A COMPUTER OR SITTING IN A CAR WITHOUT THINKING ABOUT THE EFFECT THESE ACTIVITIES ARE HAVING ON OUR **BODIES AND POSTURE.**

The basic chair was invented in 200BC and is now seen in every house, every office and every form of transport within the modern world. The chair is also the main contributor to poor posture in our society today, as it is a fundamental piece of equipment in every workplace. The way in which a chair is structured goes against how the human body is meant to function with a neutral or straight spine. It is a piece of equipment that western society seemingly cannot function without; meaning the issue of poor posture will always be one that is facing each and every individual.

The chair is not as widespread in other societies, including Africa and Asia, because their customs promote the practice of sitting on the ground or squatting, which is how the body is structured to perform at its best.

CAUSES OF POOR POSTURE

- 1. Capitalist society is the main contributor to poor posture, as this lifestyle forces us to spend more time leaning over a desk, sitting in a chair or driving in the incorrect sitting position doing damage to our spine and muscles surrounding it, including the shoulders as they protract causing the head to tilt forwards.
- 2. Hyper-pronation of the feet whereby the arches collapse and ankles roll in. This causes a chain of events to occur that impact the whole body as the knees rotate forward, the back sways, the buttocks and stomach stick out, shoulders begin to roll forward and the head moves forward.





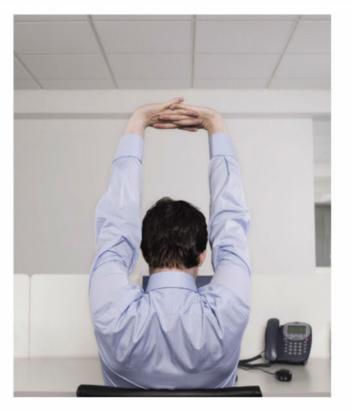


EFFECTS OF POOR POSTURE:

- Amount of air inhaled is decreased. As the spine begins to rotate forward, the thoracic cavity is crushed and decreases in size, meaning less air is inhaled every instance.
- **Less productivity;** as the brain requires 20 per cent of oxygen to run at its maximal efficiency, poor posture decreases this amount, causing a decrease in efficiency.
- Back health complications: poor posture can cause bulging spinal discs, back pain and aches, pressure inside the chest, reflux symptoms, constipation as well as poor blood circulation.
- **Emotional health complications;** poor posture also has an emotional effect on people, sometimes making them feel less attractive compared to people with a neutral spine.

SOLUTIONS TO POOR POSTURE:

- Get a massage: a massage will loosen the joints and muscles that have adapted to the incorrect technique and position and this will allow future exercises on the muscle with more ease.
- Get suitable equipment: your chair should contain cushioning, lumbar-back support and elbow support.
- Sit/walk in correct positioning: sit square to your computer, knees at right angles to floor; the computer screen should be at eye level, and forearms should be parallel to the floor when writing. Walk with shoulders back and away from the ears, open up the thoracic cavity by standing tall.
- Do corrective exercises: including stretching, activation drills and functional activities using body-weights, resistance bands and weights.
- Orthotics for hyper-pronation: orthotic inserts from a qualified professional will allow support for the ankle and arches of the feet, which in turn will stop the effects of hyper-pronation.



Poor posture has been proven to lead to health issues and complications including shortness of breath, leading to decreased amounts of oxygen to the brain. Not only does it have physical effects on the individual, it can have emotional effects as well. It can be a gruelling road to recovery, but ensuring correct posture is an activity that should be undertaken by all for their own physical and emotional health. **MMH**

ABOUT THE AUTHOR

Joe Bishop is a Personal Trainer at Nitro Boxing Fitness Centre (Chermside, Brisbane) with a main focus in boxing. He has been in the industry for approximately six years after completing a Bachelor of Medical Science at QUT. Joe is currently studying for a Master's of Exercise Science - Strength and Conditioning.









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TWO'S

Health and fitness coaches Michelle Richards and Lucinda Keily take the idea of powerful women to a whole new level. The unstoppable team have dedicated their lives to helping others transform their bodies and lifestyles through their online coaching business. Forever Fit. Each with incredible bods and professional prowess, Michelle and Lucinda have more than enough credentials to be our MMH Beauty... so how could we possibly choose!? Luckily for you, we couldn't. Meet the business partners who turn heads everywhere they go....

LUCINDA KEILY

AGE: 26

HOMETOWN: Melbourne OCCUPATION: Health and

fitness Coach

How do you stay in shape?

I really try to focus on my mental and physical state. I have things enforced to keep me on track. I do morning cardio to start my day, and I also love to listen to motivating and inspiring audios. My food intake is healthy nourishing foods that give me energy and strength to get through a great weights training session. Nothing makes me happier than a big weight training session.

What is your favourite body part to train and why?

A big legs-and-booty session! My weakest body part is my hamstrings, so I concentrate on training them a lot. I love the feeling of being sore

afterwards; I definitely make pain my friend.

What body part do you love most on a man and why?

A great stomach, who doesn't like a sexy six-pack on a man?!

What characteristics do you most look for in a partner?

Personality, a little crazy, honest, fun and loving. Also someone who has the same interests as me. Someone who knows what they want in life, is driven, ambitious and has a good smile.

What do you do for fun?

I love riding my horses and motorbikes. I am a tomboy at heart!







AS A COMPETITIVE BIKINI MODEL IT IS IMPORTANT TO HAVE A GOOD BUTT AND LEGS!

- MICHELLE

MICHELLE RICHARDS

AGE: 28

HOMETOWN: Adelaide **OCCUPATION:** Health and

Fitness Coach

How do you stay in shape?

I live an active lifestyle both with work and with leisure. I walk most mornings outside. I'm lucky to live close to a nature reserve with beautiful trail walks. While I walk I listen to motivational audios. I love being out with nature and expanding my mind at the same time; it really sets me up for the day. I weight train 5-6 days a week. I'm fortunate enough to work in a gym so I always have supportive people around me, but ultimately it comes down to my nutrition. I follow a plant-based vegan diet, which gives me lots of energy for my training and is full of live whole foods that give my body all of the nutrients it needs.

What is your favourite body part to train and why?

Legs and booty. I have always been on the leaner side, so building up my legs and glutes has helped me build more shape and given my body more curves. As a competitive bikini model it is important to have a good butt and legs!

What body part do you love most on a man and why?

I like nice arms and broad shoulders. It gives a manly shape and looks good when they can fill out a shirt nicely... and I get to hang off

What characteristics do you most look for in a partner?

Kind, gentle, generous and open. I like a guy who can hold a good conversation, someone who is a deep thinker and who ultimately isn't scared to say and show how much he loves you. I'm lucky to have found a man just like that.

What do you do for fun?

I seriously love training and I always have so much fun training with my training partners. I paint in my spare time. It's a fun, creative outlet. I love being outdoors, playing with my pups and hanging out with my family and close friends. MMH

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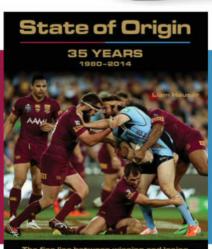
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FROM SURGERY TO STAGE

After appearing in issue 3 of MMH as a role model for health and fitness, Jason Morris had no idea of the hereditary blood disorder that would turn his life upside down and push him to his limits. **WORDS** JASON MORRIS



he 7th of August 2014 started as a normal day for me. I had just five weeks to go until my first appearance on stage as a natural bodybuilder. All through 2013 I had competed in male fitness model competitions within the INBA at both local and national levels, successfully placing second at the Natural Olympia in San Diego, California, and second place in Men's Physique the same day. I had worked very hard on changing my training style and had taken on board a more scientific approach with macro fitting and flexible dieting. But that day, I began getting sharp pains in my stomach.

The pain was constant and wouldn't go away. For more than two weeks I was in and out of the local medical practice receiving treatment, but nothing seemed to be working. I requested to go to hospital and stayed for a week with various tests and scans all coming back inconclusive. They couldn't narrow down the cause and released me. A few days later I went back into the emergency room with excruciating pains and was admitted to surgery the very next day. They found I had a major blood clot which had killed 1.3m of my small intestine - all caused by a hereditary blood disorder.

After four weeks of intensive recovery, including physiotherapy and constant



"I HAD A MAJOR BLOOD CLOT WHICH HAD KILLED 1.3M OF MY SMALL INTESTINE."

blood tests, I was released from hospital having lost a depressing 13kg of bodyweight and gained a whopping 20cm scar down the middle of my abs. But the experience helped me appreciate all the small things in life, as any longer without diagnosis and I wouldn't be here today telling my story.

By September 29th 2014 I was frail and mentally exhausted from being so close to death. Not only that but all I had worked for, the countless hard hours at the gym and consistent nutrition, had all gone to waste and I was almost back to square one. I went home to recover and had an extra two weeks recovery from work and gym. I began very light weight training and strengthening exercises to try to regain some form of core and full body strength back. It was difficult to experience the extreme strength loss in just six weeks of recovery postsurgery. Times were tough.

There were times I wanted to give up and never start back on my fitness journey

but I realised that this was the life I love living, so I sat down and set some goals. I was determined to come back stronger and better than ever.

On May 16th 2015, seven and a half months postsurgery, I flew to Townsville to compete in the INBA Tropix event. I was ready, I was pumped and I had brought the best size and conditioning I could in such a short time. In the most exciting moment in my fitness journey so far, I managed to take out my division in first place! I had such a huge feeling of accomplishment and pride coming from what I had been through less than eight months ago.

To this very day I still have to take my daily medication (an anticoagulant/blood thinner) and I have a 20cm scar on my abs that will never fade. But I have a story to tell. A story about being strong-willed and dedicated to a goal. When you put your mind to it you can achieve almost anything. Never ever give up!



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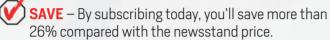
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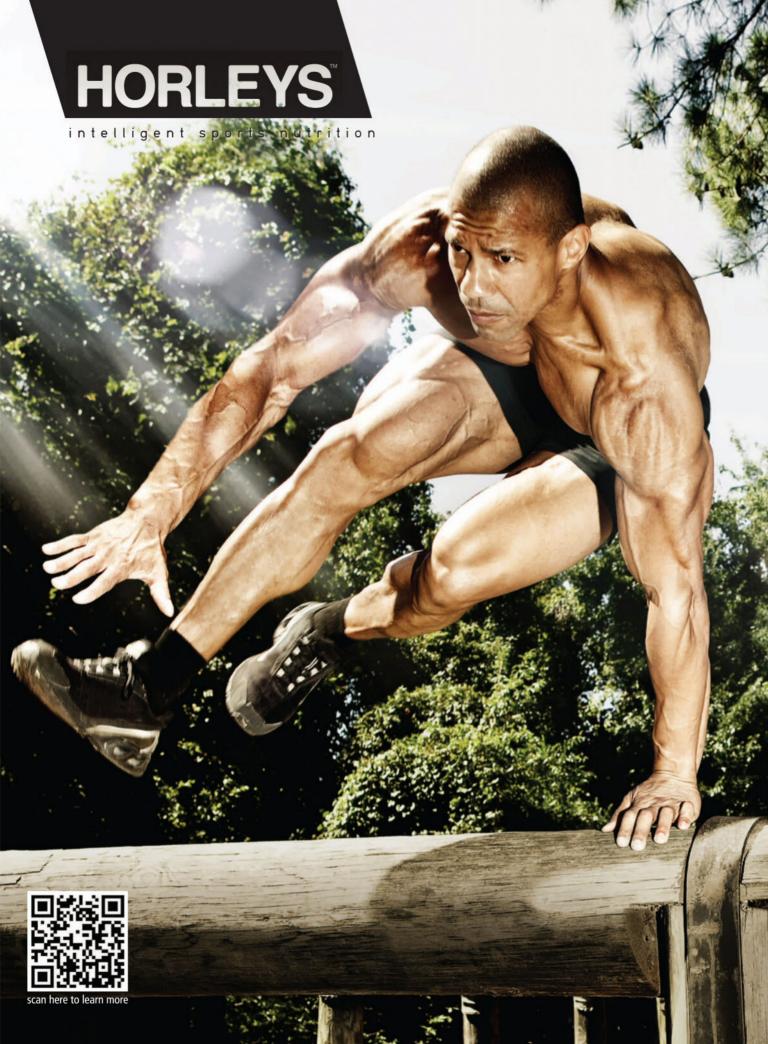
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